



## 2026 THERAPY INFORMATION LETTER

I work from a **psychodynamic perspective**, which means that therapy focuses on helping children, adolescents, and adults understand their emotions, thoughts, and behaviour more deeply. Rather than only addressing surface-level symptoms, this approach looks at underlying emotional experiences and relationship patterns that may be contributing to current difficulties.

Because this type of work aims to support lasting emotional growth and change, therapy is understood as a **medium- to longer-term process**, rather than a quick or once-off intervention. A **minimum commitment of six months** is therefore recommended, as this allows sufficient time for trust to develop and for meaningful progress to take place.

Regular attendance is essential. Sessions are held at a **consistent weekly time**, as predictability and continuity provide emotional safety and are an important part of the therapeutic process.

### Fees

(in line with medical aid rates)

#### Individual Therapy Sessions

- **R1145 for 45 minutes**  
Applicable to children and adolescents **up to the age of 18**
- **R1290 for 50 minutes**  
Applicable to **clients aged 18 and older**

#### Parent Meetings and Feedback Sessions

- **R1290 for 50 minutes**

Sessions are conducted from my practice at **72 14<sup>th</sup> Street, Parkhurst**.  
Please note that I do not have a waiting room so ask that you only arrive at the time of your appointment.