



MABHENA THERAPY
CARE THAT CONNECTS

Our Values

Compassion & Empathy

At Mabhena Therapy, we believe healing begins with being seen and heard. Every person carries a story. We offer a safe, empathetic space where you are met with understanding. We clothe ourselves with compassion, kindness, humility, gentleness and patience.

Client-Centred & Solution Focused Care

We are intrinsically motivated to resolve our client's needs to the best of our abilities. We place the client in the driver's seat of their intervention/rehabilitation journey, with the therapist there to guide them all the way.

Evidence-Based Practice

Our clinicians aim to empower meaningful health outcomes through evidence-based practices such as, utilising the best available research, clinical expertise while also considering client values/preferences to guide treatment decisions.

Cultural Sensitivity

We honor every identity, background, and lived experience. As a practice rooted in diverse cultural understanding, Mabhena Therapy is a welcoming space for people of all races, religions, gender identities, and orientations. We approach therapy with humility, curiosity, and deep respect for difference.

High Quality and Efficient Service

We strive to provide our best and achieve excellence across all services provided. We are efficient and effective in our approach, to gain the best possible solution in every situation, in a timely manner.

Care That Connects