



Individual Counselling



Welcome!

Individual counselling provides a safe, confidential space for you to explore personal challenges, develop coping strategies, and work toward meaningful change. Each session is tailored to your needs and pace, offering a supportive environment where you feel heard, understood, and empowered.

What the Sessions Include

Duration: 60 minutes per session

Mode: Online only

Approaches Used: Solutions-Focused, Narrative, CBT-Informed Techniques, DBT-Inspired Tools

Focus Areas:

Personal growth and self-development

Stress management and emotional regulation

Navigating life transitions

Coping with emotional challenges or past experiences

Pricing & Packages

Single Session: R450

Package of 5 Sessions, payable upfront: R2,000 (save R250)

Package of 10 Sessions, payable upfront: R3,900 (save R600)

How to Book

Visit **Bloom Haven Wellness** or email nicole@bloomhavenwellness.co.za to schedule a session.

Payments can be made via EFT or through the website..

Additional Notes

Sessions are confidential and tailored to your unique needs.

If you need to reschedule, please provide at least 24 hours' notice.

Disclaimer

All sessions are facilitated by Nicole Bailey (Reg. No: WC25/17299), a registered Wellness Counsellor with ASCHP.

Counselling provides support and coping strategies but does not replace medical or psychiatric care.

All sessions are confidential and tailored to your needs