



# 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](mailto: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