



THERAPEUTIC SERVICES

MENU

1 X SINGLE SESSION (45 MINS)

One off session to check in, re-establish goals and determine appropriate strategies for presenting problems / \$110

1 X COUPLES THERAPY SESSION (1.5HRS)

Option to have both partners present for whole session or deliver one on one and come together at conclusion of service. Explore communication, marital and value-based conflict and strengthen relationships / \$240

START UP PACKAGE (3 X 45 MINS)

Option to have these delivered weekly, fortnightly or monthly. Work through presenting challenges, explore perspectives and possible solutions / \$300

DISCOVERY PACKAGE (6 X 45 MINS)

Option to have these delivered weekly, fortnightly or monthly. Work through presenting challenges, explore perspectives and possible solutions. Be held accountable for habit and behavioural change / \$550

TRANSFORMATIVE PACKAGE (8 X 45 MINS)

Option to have these delivered weekly, fortnightly or monthly. Work through presenting challenges, explore perspectives and possible solutions. Be held accountable for long term habitual or behavioural change / \$700

DISCOUNTS

Students, children and concession rates are subject to a 25% discount on all rates.