A client makes an appointment (via email/phone) @ the Counselling as well as Wellness Centre Pretoria S.A. (**Everybody** is welcome to make appointments either for themselves, family members, groups or for somebody else etc). The first session is a “get to know” session (e.g. Discussions in general etc) where the counsellor (Aluschka) & client/s discusses what the client/s would like to discuss/depending on the context/s. The therapist then makes a preliminary recommendation in terms of discussion, techniques as well as  treatments that could be beneficial to the client/s. The client(s) decides which of these he/she/they wish to **pursue** &/ implement, but **with advise & guidance from the therapist, regarding e.g facilitation; in the process of therapy which could range over a couple of weeks continues/intermittent stretching over i.e. weeks/months etc, depending on the context/therapy utilized etc. Sessions**are scheduled based on this but may be added to or ammended etc. (Medical aid insurance/scheme/s services cannot be guaranteed to be paid, because therapies are alternatively/**holistically** applied, Counselling/Wellness fees are **cheaper** than medical aid rates (rebate/s) demands). The unique service applied to this section specifically will be quickly explained in the info to follow: