These sessions are normally only focussed around the psychological  needs of clients/groups, any age, depending on the context/problem/s), wellness or coaching/training (sport/corporate/life orientations)... elements can be added or incorporated at a later stage if these are appropriate & will *holistically* be beneficial to the client/s. These normally include counselling from holistic perspectives/insight/s e.g. Psychological/group/spiritual etc, relaxation techniques/coping, hypnosis, trauma debrief counselling, guided meditation, Life skills, study methods/PsychoEducation; @ special rates regarding separate sessions; psychometric /Ecometric assessments /reports etc; discussed a bit later on this page. To follow here are some more info, applied to this service option; (These sessions (individual/group/family/couple/marriage etc) costs ONLY**R500.00,**for an hour, (extensions can be made toward e.g. 2.., hours @ a special cost effective charge) & can SOMETIMES be payable via eft, credit/debit card/cheques, preferably **before** a session begins, cash are accepted). Contact Aluschka regarding e.g. Skype or google talk / Face Time / phone counselling etc sessions which can be organized @ special rates! After hrs sessions can be arranges regarding all services, same rates apply.