**There are a number of options when coming to services offered @ the Counselling & Wellness Centre, (**[***as discussed under ABOUT US***](http://www.counsellingandwellness.co.za/wabout.php)**) coming to especially Holistic Wellness  (HW) as well; (discussed in bullet point 3, to follow); (Please visit the about section if more info is necessary click**[**HERE**](http://www.counsellingandwellness.co.za/wabout.php)**, or contact professional psych counsellor/wellness therapist  Aluschka directly on 082 222 9896 / 012 772 4056 /**[**info@counsellingandwellness.co.za):**](mailto:Info@counsellingandwellness.co.za) **(Coulored headings & links supplied could be clicked on 4 more info, (by holding control in while clicking on the link!);**

* **- [Consultation/Therapy Sessions only; (e.g. Psychological Counselling/Trauma/traumatology, Familial, Spiritual, Career, Group Counselling ETC): (As very briefly discussed in about us):](http://www.counsellingandwellness.co.za/p/714565/1-general-counselling-offered-@-the-counselling-&-wellness-centre-as-well-as-summarized-information-concerning-services-overall-price-list-available-as-well)**

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 be beneficial to the client/s. These can/may include holistic counselling e.g. Psychological/group/spiritual etc, relaxation techniques/coping, hypnosis,guided meditation, Life skills, study methods/PsychoEducation; @ special rates regarding separate sessions; psychometric /Ecometric assessments /reports etc; discussed later. Please see about us section for more, to follow here are some more info, applied to this service option; (These sessions costs R 600, for an hour, and can be payable via eft, credit/debit card/cash, preferably before a session begins).

* **- [Sessions with Wellness component/s only @ Counselling & Wellness Centre;](http://www.counsellingandwellness.co.za/p/714991/2-quantum-resonance-analysis-nutritional-&-neurobio-feedback-con't-@-counselling-and-wellness-centre-price-benefits-incl-herbal-tinctures-etc-not-incl-in-any-prices-mentioned-on-this-website)**

These sessions focus on the physical health as well as wellness of clients and might include elements like Quantum Resonance Magnetic Analysis *together with* Nutritional Analyses, Herbal Tinctures, tonics, remedies; excl in option price; if client would like to buy. Body -Beauty Treatments  (**BBT**) like massaging, aromatherapy, Anti Wrinkle & Reduced Aging Feather Treatment; (**AW&RAFT**); excl in option price, can also apply in this segment service option, for client to choose from, **or the QRMA testing alone can be done, as the link in this section emphasize.**These types of sessions costs R 600, for an hour, and can be payable via eft, credit/debit card/cash, preferably before a session begins.

* - [**MOST POPULAR OPTION @ THE COUNSELLING & WELLNESS CENTRE:**](http://www.counsellingandwellness.co.za/p/714601/3-information-regarding-the-holistic-wellness-hw-consultation-sessions-con't-offered-especially-@-counselling-wellness-centre-c&ampwc-price-benefits-most-cost-effective-incl)
* **[- General Counselling & Wellness (known as Holistic Wellness (HW) option especially available @ Counselling & Wellness Centre;](http://www.counsellingandwellness.co.za/p/714601/3-information-regarding-the-holistic-wellness-hw-consultation-sessions-con't-offered-especially-@-counselling-wellness-centre-c&ampwc-price-benefits-most-cost-effective-incl)**

[T](http://www.counsellingandwellness.co.za/p/714601/3-information-regarding-the-holistic-wellness-hw-consultation-sessions-con't-offered-especially-@-counselling-wellness-centre-c&ampwc-price-benefits-most-cost-effective-incl)hese therapy sessions (@ Counselling & Wellness Centre) work more on holistic bases's and the wellnesss counsellor not only look at psychological health e.g. Through **Psychological Counselling/Spiritual/Group/Trauma/Career  Counselling etc (depending on the problem/s) but also** specialised wellness testing with the Quantum Magnetic Analyzer/Nutritional Feedback **incl** together with treatment (through e.g. Herbal/Alternative (HA) products/tinctures (not diluted) (if client choses) &  in some cases extra sessions regarding Coaching / general psychometric assessments /reports/training sessions etc, depending on the client's context/choices; These might include all the mentioned above 2 options as well if client decides @ extra costs, in e.g. **Followup** sessions etc. The latter is important regarding intervention/s to be therapeutically **effective/sustainable,**especially coming to wellness/psychological counselling, from a**holistic** perspective, not a conventional paradigm. Costs of sessions are ONLY R550 for Wellness & Assessment/Nutritional Feedback sessions, together with therapy sessions incl. So an example could be the 1st session could focus on QMANF testing & therapy combined or seperate & followup sessions could be only counselling or only QMANF, or sessions could be combined. Normally the 1st session (1hr) will focus on both aspects, and followup sessions will be hourly based; this is a special pricing option, most popular! As said wellness sessions massaging etc could be organized @ special rated as well! Payable via eft, credit/debit card/cash. Preferably before session begins.

* **- [Applied Sport Counselling (therapy) & Coaching/Psychology/Training/General Mentoring:](http://www.counsellingandwellness.co.za/p/714990/4-applied-sport-counselling-and-coaching-psychology-price-benefits-incl)**

[T](http://www.counsellingandwellness.co.za/p/714990/4-applied-sport-counselling-and-coaching-psychology-price-benefits-incl)he psychological side of performance sport is just as important (if not more so) as the techniques and equipment you use. **Therapy** by a unorthdox counsellor as facilitator with specialised technical sporting knowledge can holistically help you get over mental blocks, self doubt, bad habits, **etc** and improve your game in general. Coaching  applied to this option works more on improving the technical side of a players game & can include swing analysis, correction, Dart Fish video swing capture and analysis etc, concerning all the sporting service options @ Counselling & Wellness centre. (See the Sport Coaching & Counselling section for more; about us also has more info as well); These sessions are 1hr long & Costs R 600, payable via eft, debit/credit card/cash. Preferably before session begins. Info regarding e.g. supplementation/sport specific dietary therapies are also incl in this option.

* - [**Last but not least for study methods and general psych/ecometric assessments/reports /Specialized Feedback click**](http://www.counsellingandwellness.co.za/p/714619/5-study-methods-&-psychometricecometricsgeneral-assessmentsreports-general-mentoringspecific-training-pricing-benefits-incl)[**HERE AND/OR;**](http://www.counsellingandwellness.co.za/p/714619/5-study-methods-&-psychometricecometricsgeneral-assessmentsreports-general-mentoringspecific-training-pricing-benefits-incl)

**(Click here to see the list of prices & more info regarding the above option, which will be highlighted in this document). Prices applied to this offer are R300 for hourly sessions. All sessions Payable** **via eft, bebit/credit card/cash. Preferably before session/s begins.**