



Eleen

P O L S O N

Counselling Psychologist

YOUR THERAPEUTIC JOURNEY

- You have taken many steps to come to this point. Let us honour the past and your responsibility towards the future. I am an experienced observer to your process and will give input and suggestions – but you stay in the driving seat at all times.
- As it took years to form the patterns for survival, be realistic about the time it will take to change the direction in which you would like to grow. Initially I suggest 3 weekly sessions after which we will review your needs and growth. We will then decide on a commitment of a further set of 3 sessions or monthly follow ups for 3 months. If you would prefer a different framework I am open to discuss.
- Therapy is a life-long commitment to honesty with yourself. I suggest you document the process through having a journal / space to reflect, write, question and remind yourself of insights and 'stuff' between sessions. This remains your confidential document and record of development.
- Feeling alive is the opposite of feeling depressed. Seek out different ways to enhance feeling alive through activities in your day to day life: you are unique and different things will work to rejuvenating you on this journey. Try things that you used to like – even as a child: singing, dancing, cooking, movies, to name a few.
- Your body carries your mind and soul. It needs to have certain conditions to function optimally: eating, sleeping and exercising. Research shows that 3 sessions of 20 minute exercise (any form of heart rate increase) per week are as effective as a mild dose of anti-depressants. Oxygen is also the tranquillizer with no side-effects. Take time to find an enjoyable way to get the heart and lungs going. Walk, yoga, Biodanza, cycle, dance – whatever you do is important for holistic well-being.
- The same applies to your spiritual and social needs. These aspects are very important to nourish you on life's journey.
- Psychotherapy can become costly in these challenging economic times. Being transparent my approach ensures that the process of therapy and the fee structure are discussed to reduce stress and increase the focus on the therapeutic journey. If there is any uncertainty or change during our work together, please feel free to discuss the matter with me or my trusted accounts specialist Annali from Mediclaim (012) 345 5663, med6@mediclaim.org.za). Although personal development is priceless, we do not want to add further financial stress and awkwardness.

Thank you for trusting me on your therapeutic journey.



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Fees for 2017

Individual session, 50 – 60 minutes	Child assessment	60 minute Feedback session to parents	Play therapy session 30 – 45 min	Expressive arts therapy group sessions (2-3 hours)	TRE group session	MARI assessment 60 – 90 min
To Claim from the medical aid: R850	To Claim from the medical aid: R850	To Claim from the medical aid: R850	To Claim from the medical aid: R450	EFT (within 7 days): R750	To Claim from the medical aid: R450	To Claim from the medical aid: R850
EFT (within 7 days): R750	EFT (within 7 days): R750	EFT (within 7 days): R550	EFT (within 7 days): R750	Cash at the session: R700	EFT / Cash: R300	EFT (within 7 days): R750
Cash at the session: R700	Cash at the session: R700	Cash at the session: R500	Cash at the session: R700	Course fee of 6 sessions: R3300 with booking		Cash at the session: R700

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