



FLOURISH WELLBEING

What we offer

Individual therapy

Our individual therapy is aimed at building resilience and improving coping mechanisms. We cover: anxiety, grief, family/children, abuse, chronic illness, stress etc.

One-on-one interactions where the counsellor will use the expert knowledge that the client has of their own life, to shape their thoughts and skills. In therapy, obstacles to wellbeing can be overcome by becoming more self-aware while a positive view of the self is encouraged. The goal is to help clients find answers to their problems in a safe, non-judgemental environment by empowering them to take full responsibility of their own lives and actions and making informed decisions.

Family/Group therapy

Family therapy with the aim to help families identify their routines, systems and interactions. Many challenges occur within families as members move through different stages of life, and each member has to be able to adjust to the changes. Seeking assistance from a counsellor can provide a safe space for families to talk about difficulties they may face within the family system while providing a buffer between the different members involved.

We can facilitate groups of up to 10 individuals at a time. These group sessions can be focused on overcoming various shared issues or psycho-education.

Couples therapy

We offer therapy to couples who are facing hardships or obstacles in their relationships that seem impossible to overcome.

We aim to help clients strengthen their communication, align their personalities by realising one another's strengths, work through specific issues in their relationships and navigate or deal with important life decisions. Strain on relationships can come at any time and may be due to a number of factors. Conflicts not properly managed can have negative long-term effects that can be damaging to the relationship as well as individuals involved. Couples or marriage counselling can be an effective way to change current negative relationship patterns.

Play therapy

Play is described as the natural language of children, their special language in a sense. Play can become the words of the child so they can express their emotions, experiences, and thoughts. Play therapy gives room for skill development, practicing of certain roles as well as the integration and processing of events and emotional content. There are eight categories according to Schaefer (2011) that play has an impact on, namely communication, preparation for life, ego boosting, stress management, relationship enhancement, self-actualisation and moral judgement.

If your child experiences challenges in any of these areas, please feel free to contact us for further information or to set up an appointment.





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Babies in Mind Workshops

Babies in mind workshops are directed at parents (either during the final trimester or within the first six months after birth).

These are informative, practical and supportive workshops based on your - and your baby's - psychological and emotional health and wellbeing.

Learn about how to manage your baby's sleeping and feeding difficulties and how to manage excessive crying.

Find out how to avoid postnatal depression and how to reduce stress

Discover the secrets to forming a secure bond with your baby that lays the foundation for a happy, healthier future

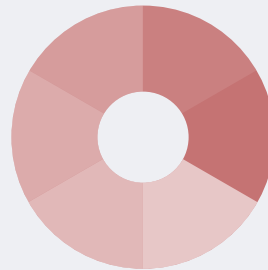
Mental Health Workshops

We offer a range of workshops related to relevant mental health topics. Whether your employees are dealing with high stress levels or need to learn better conflict resolution strategies, we can assist.

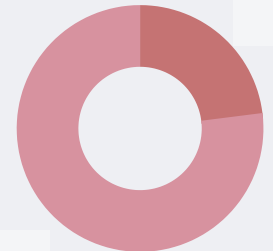
Workshops we can offer:

- Stress management and burnout
- Mindfulness and guided imagery
- Time management
- Team building
- Conflict resolution
- Wellbeing at work
- Grief groups
- Self care
- General mental health and more

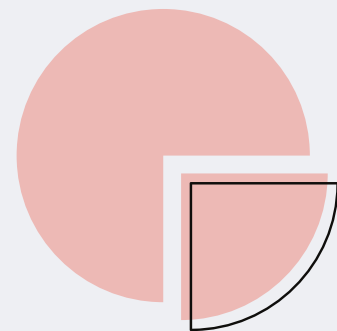
Mental Health Statistics in SA



1 in 6 South Africans suffer from anxiety, depression or substance abuse issues



23 South Africans commit suicide everyday



10 to 15 percent of women suffer from postpartum depression

It is our goal to assist children, adolescents and adults struggling psychologically or who are experiencing mental anguish.

We are aware that each story is different and may require a specific approach. This is why we offer a wide range of mental health services.

We want to encourage everyone to make their mental health a priority.

Contact us :



info@flourishwellbeing.co.za



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