



Individual Therapy

Sometimes you may have personal issues that are affecting your work, relationships or general sense of life satisfaction. Individual therapy provides for one-on-one sessions with a therapist to work through these concerns. If you are concerned that you might be traumatized, anxious, depressed, or stressed out, if you struggle with knowing who you are or what you want out of life, or you're engaging in unhealthy habits, this service is for you.

Mental Health Concerns

- Anxiety
- Depression
- Trauma
- Stress
- Anger
- Emotional distress
- Low self-esteem
- Grief and loss
- Difficult life transitions

Services available to:
Adults
Teens
Children
Organizations

You can indicate what is your preferred mode for accessing all services



In-Person

Visit our office for sessions



Online

Log in for tele-therapy



Mixed

Arrange for a bit of both

Couples Therapy

Each stage in a relationship comes with its own challenges, the services we provide for couples is geared towards helping you navigate each of these stages. Helping with preparing for marriage, enriching relationships and repairing, healing and processing specific problems.



Couples

Pre-Marital Preparation

If you're engaged to be married investing in pre-marital work can serve as a protective factor against potential problems later on. With this service we use psychological assessments, and empirically informed approaches to help you get to know yourself and each other better and prepare for the wonderful but challenging journey ahead.

Couples

Relationship Counselling

In committed relationships challenges are inevitable, some of these challenges can be overwhelming or feel beyond your capacity to address. This service is aimed towards repairing, healing and processing specific problems in your relationship. This is suitable in the aftermath of an unresolvable incident, infidelity, grief, or any other relationally compromising experience or transition.





Couples

Relationship Check-in

This is a stand alone assessment service for couples who are simply interested in doing the couple's assessments. Ideal for couples who are still unsure of whether they want to commit to therapy or an enrichment program. Sometimes you may feel like something just isn't right, just like your physical health it's always wise to do a relationship check up and preventative work before a problem escalates.

Specially Designed Programs



Couples

Couple's Enrichment

Assessments are a good way to maintain and monitor your relationship. This service is an opportunity for couples to "tune up" their relationship. This service includes a relationship check in, which allows couples to identify areas for improvements and areas of strength. Which is followed by a set number of sessions geared towards strengthening the relationship and equipping couples with tools.

Ask about our group trainings & workshops for couples

Singles

Before Yes

We offer a specially designed program for singles and persons in a dating relationship. This program is designed to help persons prepare for dating relationships through self awareness, developing healthier relationship patterns, navigating individual obstacles or just be more intentional about the person they are pursuing. If you're planning to date, are dating or find yourself struggling to make meaningful connections ask about this service.

Ask about our group trainings & workshops for singles



Life Coaching

Are you struggling to achieve your personal, educational, relational or career goals? Do you feel lost when you think about what to do next? Are you having difficulty with time management, focus, attentiveness or productivity? Would you like to do more with your life but aren't sure where to start? This service helps you tap into your potential towards creating a life you can be proud of. With this service the focus is on future goals and day to day living affecting personal goals and life vision.

- **Goal Setting & Achievement**
- **Self Care Goals**
- **Spiritual Growth**
- **Relationship Goals**
- **Professional Development goals**
- **and much more...**

Let us know what you want to work on or lets explore the possibilities together.

Buddy up!

Depending on what your coaching goals are, you may be able to do so with a friend who has similar interests. Ask about what that might look like!



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Other Services



Psychological Assessments

A psychological assessment may comprise multiple components, including norm-referenced psychological tests, informal measures and surveys, clinical interviews, review of school or medical records, medical evaluations, and observational data. Assessments help clinicians plan treatment, make recommendations and deepen the client's understanding of the issue/s presented. This is a key component of most of our services.

Workshops & Seminars

Psychoeducation is an important part of preventative mental health care. We offer workshops and seminars to organizations on a range of topics from stress management, well-being, resilience & capacity building, emotional intelligence, meaningful work, grief & loss, building success systems and dating and marriage. If you have a specific topic in mind ask if we can facilitate it.



Critical Incident Stress Debriefings

Following a traumatic event, people can respond in a variety of ways, this service can help individual and groups debrief safely. Critical Incident Stress Debriefing (CISD) sessions are recommended after a traumatic loss or accident that can potentially cause individual and collective distress. The aim of which is to reduce the development or exacerbation of mental health issues.

Next Steps



Contact Us

Call/Whatsapp: 473 407 3227

Email: info@eccsgd.com

Book a free 10-20 minute consultation

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You may not have the training or resources to help someone you care about but you can refer them to someone who can help.