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SOMACollective

HOLISTIC THERAPY

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*"The version of you you're longing for is already within you.
Soma Collective is a safe space to gently grow into it."*

FAQs (Frequently Asked Questions)

- **How do I know if therapy is right for me?**

Therapy can be helpful for anyone looking to better understand themselves, work through challenges, or improve their emotional wellbeing. If you're experiencing stress, anxiety, depression, relationship difficulties, or simply want support in navigating life changes, therapy may be beneficial. You don't need to have a crisis to start therapy—taking the step to invest in yourself is often the first sign it could be right for you.

- **How long is a typical session?**

A standard therapy session with Maxine usually lasts 50 minutes, allowing sufficient time to explore your concerns in a safe and focused environment. Upon request, Maxine also offers double sessions (approximately 1 hour and 40 minutes) for clients who may benefit from extended time to process their thoughts, emotions, or complex issues.

- **How many sessions will I need?**

The number of sessions varies depending on your goals, needs, and circumstances. Some clients benefit from short-term therapy, while others engage in longer-term work. Maxine will discuss this with you during your initial assessment and review your progress as therapy continues.

- **Is therapy confidential?**

Yes. Your privacy and confidentiality are of the utmost importance. Anything you share in therapy is kept confidential, except in rare circumstances required by law (such as risk of harm to yourself or others).

- **Can I switch between online and in-person sessions?**

Yes. Maxine offers both in-person and online sessions to provide flexibility and convenience. You can discuss your preferences and make adjustments as needed throughout your therapy journey.

- **What should I do if I need to cancel a session?**

If you need to cancel or reschedule, please provide at least 24 hours' notice. Cancellations made with less than 24 hours' notice will be charged, as reserved session times cannot be offered to other clients on short notice.

- **Can I bring a family member or partner to a session?**

Yes, sessions can sometimes include a family member, partner, or other relevant support person if it is clinically appropriate and agreed upon in advance. Maxine will discuss this with you during your initial assessment to ensure that joint sessions are beneficial and support your therapy goals.

Disclaimer: Maxine practices as a Psychotherapist while awaiting registration as a Psychologist with the HPCSA. She provides professional, confidential therapy services in line with ethical standards and best practice.

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