

Psychotherapy Nicole Chew-Helbig Singapore

Service Terms & Conditions

Welcome to our psychotherapeutic work together. Here are some terms and conditions of our partnership.

1. Session duration and Fees: Each session is 50 minutes long for individual (SGD 190), 70 minutes for couples' session (SGD 290).
2. Payment of fees is done before the start of the session.
3. Making appointments: Appointments are made during or after the session to reduce the need for text messaging for appointments. You may also use this link to make appointments: <https://www.appointfix.com/Psychotherapy-SG>
4. Cancelling and Rescheduling: Kindly inform me asap if you cannot make it to a planned appointment. Cancellations more than 48 hours will not be charged, less than 48 hours prior to appointment will be charged 50%, less than 24 hours or no-shows will be charged in full. Cancellations due to illness will be charged 50%.
5. If you are too late to come physically for the session, consider having a session via video call.
6. Sessions will end on time, do come 5-10 minutes before if possible.
7. I do not provide emergency support. If you do need help, please contact the local emergency hotline.
8. Confidentiality. Your data is treated with confidentiality in our practice. You are also responsible for maintaining the confidentiality of your sessions by limiting text messages or sharing such information with others.
9. Therapy cadence: how often you decide to have sessions is entirely your decision, which you can also discuss at any time with the therapist.
10. Ending therapy. If and when you decide to end therapy with us, do inform us and come for one or two final "wrap-up" sessions. This is usually one of the best sessions to have.

I wish you a good therapeutic journey with us.