

*Celebrate any progress.
Don't wait to get perfect.*

~ Ann McGee Cooper

ABOUT ME

My name is Shelley Vermaak. I am a registered and qualified counsellor. I am registered with the Council for Counsellors in South Africa and all of my continual professional development points are up to date. My registration number with C4C SA is CO2066. My qualification is a B.A. Degree in Theological Studies and Pastoral Counselling. I have completed my Level One and Level Two Gestalt Play Intervention Certificates. This enables me to work with children.

Please feel free to go and have a look at my website www.shelleyvermaak.co.za.

Or you can search for me on Google. There you will find my reviews and my references. The name of my page is - Shelley Vermaak - Counsellor / Therapist.

Please take note that I am a COUNSELLOR, I am not a psychologist. You will not be able to claim my fees from Medical Aid.

I am based in Nigel on the East Rand. My address is 63 Beverley Street, Ferryvale, Nigel. If this is too far for you to travel, I also do online sessions either via Teams, Zoom or What's App Video Call.

FREQUENTLY ASKED QUESTIONS

Are you English? Yes. Maar ek kan Afrikaans baie goed verstaan en my Afrikaans vorder hoe langer ek oefen om te praat. As ek myself mooi wil verduidelik sal ek in engels praat. Dit is net as ek bang is ek verloor die mening in wat ek wil se. Ek sal se ek praat "mengels" 😊

Will my sessions be confidential? Yes, they will be. Whatever is spoken in a counselling session will remain in the counselling session. I am bound by ethical standards and will never discuss a client with anyone else. You will be given a safe space to express yourself freely. Please don't feel intimidated and or judged for seeking help. I have been doing this for a long time, there is not much that I have not heard before. It is very important that my clients are comfortable with me. Think of me as someone to talk to about anything. I will also send you a confidentiality agreement to sign before you see me, this is to protect both you and me.

Do you see people of others' beliefs and cultures, and do you understand differing cultures and values? Yes, I do, and I consider myself to be very non-judgemental. I do not and will not discriminate against anyone under any circumstances. If there is something that is new to me and I don't understand it, I will

083 878 0861

www.shelleyvermaak.co.za

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ask. I don't claim to know everything. Also, because my qualification is Pastoral this does not mean that I will beat you over the head with my Bible 😊. LGBTQ+ are very welcome to attend sessions with me.

In a nutshell, I am a general counsellor and can help with almost anything. I have extensive knowledge and experience with substance abuse disorder. I do trauma counselling and debriefing, family counselling, grief counselling, I am also familiar with mental health complications and life issues. I like to motivate my clients, empowering them to change their existence and the way they think. I also do group work as well.

Along with this document, I will also send you my pricing structure as well.

My hours are:

- Monday to Thursday 9am – 6pm (Last session at 5pm)
- Friday 9am – 5PM (Last session conducted is at 4pm)
- **Saturday CLOSED**
- Sunday 9:30am – 5PM. (Last session is at 4pm)
- Later sessions in the evening can be conducted but only under special or emergency circumstances.

Should you need any more clarification, please feel free to give me a call.

Thank-you. Shelley Vermaak (083 878 0861)

P.S. You can contact me via voice call or what's app on 083 878 0861. If I am not answering my phone, this means I am busy with a client. I will see your missed call and will call you back. Or you can send me a what's app and I will respond to that as soon as I am available.