
HOURS AND APPOINTMENTS

Counselling Services open Monday – Friday from 08:00 – 17:00. Appointments can be made by calling 073 504 3546 or by sending a text or WhatsApp to the same number. Alternatively, an email can be sent to enquiries@gemtherapy.co.za which will be responded to as soon as possible.

COSTS

Clients to be informed in writing of my billing policies and procedures as well as costs and payment options.

THE FIRST VISIT

Clients who come in for their first visit will be seen for a brief (30-45 minute) intake appointment where:

- ✿ I provide information about what to expect from the counselling process
- ✿ We discuss the client's presenting issues and concerns
- ✿ We develop a plan for treatment

CONFIDENTIALITY

All counselling records are kept strictly confidential. Information is shared only with a person's written consent. Exceptions to confidentiality are rare and include when a person poses a threat to his/her own safety or the safety of someone else or when it is ordered by a Court.



MY NARRATIVE

Committed and highly dedicated mental health therapist with experience in the counselling of people from a diverse background. Possess an outgoing personality with absolute rapport building skills in helping people to cope with life challenges. Provide quality services in delivering client-centered support that gradually empowers individuals and enables them to make informed decisions. Possess detailed understanding of the Professional Conduct and Ethical Framework and applies such standards in interaction with clients and colleagues. Have sound knowledge of theoretical therapeutic approaches and their application to real-world settings, having a special interest in Trauma Therapy, Cognitive Behavioral Therapy, Mindfulness, NLP Therapy, Art/Play Therapy, Integrative Counselling, Positive Psychology Counselling and Person-Centered Counselling.

Registered through CCSA : CO20476

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073 504 3546

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Life is hectic and chaotic. The continuous rush and strain of trying to keep things together can feel overwhelming and exhausting. Relationships suffer, anxiety and depression become real and the vicious cycle of losing oneself in a destructive way of living has become a reality. You do not have to become a statistic.

I am **Erna Benson-Karp** and I am a therapist that is here to help and support you through your struggles. **You are not alone anymore.** I use all my knowledge and skills together with a bit of life experience to help and support you through challenging times. Can you imagine – I can be that little voice in your ear when you start to use the tools that you learn in therapy. I do not use wizardry or strange tricks to cure you, but instead use your determination and dedication you have towards your own mental health stability to help you to reach your fullest potential.

Erna Benson-Karp

Mental Health Therapist & Life Coach

BA (HSSS) APP; BA (HSSS) CP; Dipl LC
HIV/Aids Counsellor; Certified Trauma Specialist
Certified Practitioner in Psychotherapy, Art therapy,
CBT, Mindfulness, EFT, TFT, Hypnotherapy, NLP and REBT

MISSION & VISION STATEMENTS

The Mission of GEM is to positively impact mental health through advocacy, awareness, service and education. To be committed to the wellness of individuals, their families and the community through prevention, intervention and treatment.

The Vision of GEM is to embark on a path with our clients and to ensure compassion, acceptance, respect, empowerment and sincerity with each step we take and to provide effective, innovative and high-quality services which will allow each client to reach their fullest potential and goals.

CORE VALUES

- ✿ Value cultural strengths and being responsive to individual and community needs regarding culture, language, age, disability, gender, sexual orientation and spirituality
- ✿ Value prompt, courteous and client-directed support
- ✿ Build on and welcome diversity and appreciate the strength that comes from the many cultures, backgrounds, family types and sexual orientation
- ✿ To recognize and respond to the human dignity of every person
- ✿ Value opportunities for participation in programs, activities and services that support recovery and wellness
- ✿ By empowering everyone to have a voice and to participate in their own care
- ✿ Value person-focused relationships with the people I serve
- ✿ Value the highest levels of integrity in carrying out our Mission and Vision
- ✿ Value the identification of needs and the achievement of desired outcomes
- ✿ Value the personal growth of those I service towards a self-determined, highly participative life in the community

SERVICES AVAILABLE

INDIVIDUAL SERVICES:

Individual, Couple and Family Counselling
Mental Health Professional Intervention
In-home Services
Trauma Therapy
Art Therapy
Behavioral Therapy
CBT / NLP / REBT Therapy
Interpersonal Therapy
Mindfulness-Based Psychotherapy
Relationship Therapy
Solution-Focused Therapy
Supportive Psychotherapy

GROUP TRAINING:

2-day Training Sessions on:
HIV/Aids in the Workplace
Conflict Resolution
Mindfulness and Holistic Living at Work
Personal Development
Time Management
Stress Management
Mentoring and Coaching for your Organization

To Corporations on Employer/Management and Employee level.

These training sessions are presented in an energized manner and are filled with activities and take-home information.

The training is flexible to suite the outcomes and objectives set by management as well as the work environment.

COUNSELLING SPECIALITIES

Anxiety Disorder
Attachment Issues
Irritability
Chronic Sadness / Depression
Fearfulness
Poor Self-Esteem
Aggressive or Disruptive Behavior
Poor Interpersonal Relationships
Lack of Self-Control / Self-Regulation
Hyperactivity
Suicidal Thoughts or Attempts
Blended / Stepfamily Issues
Compulsive Disorders
Divorce Recovery
Domestic Violence
Gender Transition
Grief Management
High Risk Behaviors
Identity & Body Image
Life Transitions
Post-Traumatic Stress Disorder (PTSD)
Post-Partum Depression
Relationship Issues
Pre-Marriage and Marriage Counselling
Seasonal Affective Disorder
Senior Issues
Sexual Abuse
Sexual Orientation Issues
Sexually Diverse Clients
Disturbed Sleep Issues
Stress Management
Relaxation
Traumatic Loss
HIV/Aids Counselling

