



Private Practice Services

Initial Face-to-Face (F2F) Consultation – 90mins

A one on one, in-depth private assessment at my Double Bay clinic. This is suitable for people with concerns around eating or body image, or eating disorders.

Here we will discuss your concerns, conduct a thorough assessment and try to establish clear goals based on assessment outcomes and your individual needs. A recommendation will be made as to the most appropriate Therapeutic Intensity Level for you, to deliver the most positive outcomes. Please see Therapeutic Intensity Level Packages for more information. An initial consultation is required for all new clients.

Standard F2F Consultation - 50mins

Subsequent one on one, private consultations at my Double Bay clinic.

Skype or phone consultation - 50 or 90mins sessions available

As above, but conducted via various modes of communication from the privacy of your own home. However it is important if you are considering a non-face-to-face medium, that we schedule in regular face-to-face sessions whenever possible.



Call today on

02 9363 4470 or 0414 585 358

paulajkotowicz@gmail.com; paulakotowicz.com