



Children & Teenages Trauma Healing Packages

The Safe Start – Emotional Reset for Children & Teens

A gentle introduction to emotional healing through energy, creativity, and calm connection.

Ideal for:

Children and teens showing signs of stress, emotional shutdown, changes in behaviour, or anxiety after a difficult event.

Perfect for first-time healing or kids/teens who aren't ready to talk about what happened but are showing signs they're not okay.

Sessions Overview

Session Description

1x Parent & Child/Teen Intake Gentle co-session to understand your child's needs and emotional triggers. No pressure on your child – we build comfort together. 60 min

1x Relationship-Building & Play Session

Dedicated to building trust, connection, and emotional safety through creative or somatic techniques. 45–60 min

2x Reiki & Energy Reset Sessions Gentle energy healing to soothe the nervous system, restore emotional calm, and help release anxiety or tension stored in the body. 45–60 min

1x Parent Reflection & Support We explore what your child may be experiencing and share practical calming tools to support them at home. 45 min

Price:

Full Package (5 sessions): R2 200.00

Pay-as-you-go: 5x R450 = R2 250.00

Bonuses

Gentle energy check-in guide for home

1x Audio: "Emotional Calm for Kids/Teens"

WhatsApp Support Between Sessions



Take the first gentle step,
help your child feel safe,
calm, and supported
again.

The Inner Light – Confidence & Emotional Clarity

Builds emotional awareness, safe expression, and confidence in being themselves again.

Ideal for:

Children and teens working through emotional confusion, low self-esteem, bullying, grief, or family changes.

Perfect for sensitive children who feel "too much" or teens who have shut down emotionally.

Session Description

1x Child/Teen Emotional Mapping & Reiki Gentle intake using age-appropriate tools (dialogue, art, movement) + Reiki for emotional grounding. 60–75 min

2x Reiki + Expression Sessions Reiki + emotional techniques (breathwork, body mapping, journaling, calming visualisation). 60 min each

1x Art Therapy Exploration Guided session using symbolic art or creative prompts to help your child express emotion without needing words. 60 min

1x Trust-Building & Integration Strengthens emotional safety and connection using play, mindfulness, or co-regulation tools. 60 min

1x Parent Support & Emotional Insight Review your child's needs, explore how to support emotional communication and energy healing at home. 60 min

1x Closing Session with Toolkit Wrap-up session + co-created self-care tools for your child. Energy hygiene, grounding tools or confidence rituals. 60 min

Price:

Full Package (7 sessions): R3 200.00

Pay-as-you-go: 7x R550 = R3 850.00 Support your child's journey back to self-worth, expression, and emotional ease."

Bonuses

- Journal prompts or art therapy prompts (based on age)
- PDF: "Understanding My Child's Emotional Landscape"
- 1x Custom Audio for Confidence or Calm
- Optional WhatsApp Check-Ins



Support your child's
journey back to self-
worth, expression, and
emotional ease."

The Deep Repair – Trauma & Emotional Recovery

A safe and steady trauma-informed journey to rebuild trust, emotional resilience, and nervous system safety.

Ideal for:

Children and teens healing from abuse, grief, abandonment, medical trauma, or prolonged anxiety.

This is for children who may be highly sensitive, withdrawn, reactive, or overwhelmed.

Session Description

1x Family Intake & Emotional Mapping Joint intake with parent(s) to build trust and explore emotional patterns. Reiki included for calming. 75–90 min

4x Trauma Healing Sessions Reiki + counselling, body-based healing, breath, and somatic awareness (adapted by age and trauma level). 60–75 min

1x Art Therapy for Trauma Release Creative trauma processing using non-verbal techniques like symbolic drawing, body-tracing, or guided visual journaling. 60 min

1x Trust-Building & Emotional Safety Deepens child's confidence in the process and in themselves. Includes grounding rituals, play, or breathwork. 60 min

2x Parent Emotional Guidance Sessions Learn how trauma shows up in your child's daily life, how to respond supportively, and break unhealthy cycles. 60 min each

1x Integration & Support Plan Build an ongoing emotional wellness toolkit. Can include breathwork, calming routines, and custom rituals. 60 min

Price:

Full Package (10 sessions): R5 400.00

Pay-as-you-go: 10x R580 = R5 800.00

Bonus Materials for Both Packages:

Age-appropriate Emotion + Energy Cards

1x Audio: "Calm My Body, Calm My Heart"

Parent Guide: "Supportive Communication Through Trauma"

WhatsApp Support (between sessions)



When they've been
through too much, offer
them a space to heal with
care and safety.

