



오션심리상담센터

OCEAN Counseling & Psychological Services (OCAPS)

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Scheduling Process for English Speakers in Korea

Thank you so much for reaching out! I truly appreciate your interest in my services, and I'd love to walk you through the scheduling process and payment details for those living in Korea.

1. Professional Rates (Individual Therapy):

- **Intake session** (1 hour): 200,000 won
- **Regular session** (50 minutes): 180,000 won

2. Getting Started:

Once your intake session is scheduled, I will send you an email with the required paperwork, including consent forms and symptom surveys. Please complete and return these documents at least 24 hours before your appointment. During the intake session, we will review your background and begin identifying treatment goals. We will also discuss various factors, such as family history, past trauma, and social or cultural influences, which may be impacting your well-being. By the end of the session, we will have a clear direction for what to focus on in future sessions.

I usually recommend meeting once a week or biweekly to give us enough time to address your concerns fully and make steady progress.

4. Payment:

You can easily pay via bank transfer to OCEAN Counseling & Psychological Services (Woori bank: account details will be provided). Alternatively, if you prefer to use a Korea-issued credit card, we will send a payment link to your mobile phone so you can pay in advance. Please let us know your preferred payment method. All payments must be completed at least 24 hours prior to each session.

5. Availability (In-person/Telehealth):

- M, W, F: 10am - 8pm
 - T, TH: 10am-6pm
 - SAT: 10am-1pm
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I'm looking forward to starting this therapeutic journey with you. It's a collaborative process, where we'll explore, reflect, and grow together in a safe and supportive space. If you have any questions, feel free to contact me at theoceanpsy@gmail.com or visit the website:

www.theoceanpsy.com