

## **In-Clinic Consultations (Turner)**

**Updated: 19/09/20**

### **Directions**

In-clinic consultations are conducted from my home-based office in Turner, ACT.

It's in a great location. There are some beautiful parks nearby, and the O'Connor shops are just around the corner.

### **Parking**

To comply with home-based business regulations, please park in the driveway, rather than on the street.

You can also park at the O'Connor shops if you would like to take a walk or grab some food, coffee, or supplies before or after your appointment.

Cyclists are welcome to lock their bike to the front gate or park it in the backyard.

### **Accessibility**

The office / consulting room is accessed via four low steps. There is no handrail and the footpath leading to the door is uneven. Please be careful and let me know if you require any assistance.

### **Preparation**

Please arrive for your appointment at the scheduled start time (rather than early) as there is no reception or waiting area. This allows me to prepare for your appointment and avoids crossover with other clients.

In addition to talking, we may also do some gentle movement, embodied-awareness, or mindfulness-based practices. To support this, wear comfortable clothing that will allow for some movement.

Consider reserving some time for yourself before the appointment so that you can orient to the session, as well as some time and space after the appointment to support the integration of whatever we have worked with and the transition back to your activities of everyday life.

### **Orientation**

I live in a worker's cottage, built in 1950. It's a lovely old house, constructed from monocrete, with wooden floorboards, high ceilings, a slow combustion fire, and good natural light across the day.

The layout of the house lends itself well to a home-based private practice. The professional spaces are distinct from the living areas, yet both sit comfortably side by side. There is no one else living in the home - my partner Chung lives overseas.

The office / consulting room is 10.8 square metres. A professional space with a Scandinavian design aesthetic.

You are welcome to use the toilet and the charming old cement wash basin in the laundry before, during, or after your appointment. A public toilet is located beside the car park at the O'Connor shops if needed as well.

The house has a beautiful big backyard filled with old trees. This space is also available for our use during your consultation.

### **Further Information**

Additional appointment information is available on my website: <http://danielcostin.com>