# JC Kruger Clinical Psychologist



10 Primarius Street, Goedehoop
Strand

Phone: +27 735380312

JC Kruger prefers doing psychotherapy with adults struggling with depression, anxiety or life adjustment difficulties.  Although JC has been trained and exposed to a variety of therapeutic modalities, including: Interpersonal Therapy, Systemic Therapy, Cognitive Behavioural Therapy, Brief Psychodynamic Therapy and Narrative Therapy, he prefers an eclectic approach, adjusting his therapeutic style to the specific needs and personalities of his clients. Overall JC believes psychologists should adhere to a principle of not causing additional harm to clients. Although he will challenge clients to promote growth and understanding where necessary, he maintains a focus on dignity and respect and continues to believe in the inherent potential in every client.

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