Empatherapy Wellness
Naomi Bhatia
Psychologist & Art Psychotherapist

Your Session Guide

Before your session

Thank you for choosing Empatherapy Wellness. Once your appointment is confirmed, a member of our team will contact you with the appointment details.

What to Expect

Your session is a confidential, safe and non-judgemental space. No preparation is needed. Naomi will begin by understanding your concerns, experiences and goals, and tailor the session to your needs.

Visiting the Clinic

Please arrive 10 minutes early for parking and settling in.

The clinic is on the mezzanine floor, with approximately 10–12 steps. On arrival, wait in the Planet Animal Hospital waiting area. Naomi will escort you to the clinic.

The previous session may occasionally take an extra 5–10 minutes to finish. Thank you for your patience.

Online Sessions

Join from a quiet, private space where you can speak comfortably and maintain confidentiality.

You don’t need to have all the answers.

Just show up. We’ll take it from there.

Feel. Understand. Heal.