



# Confida

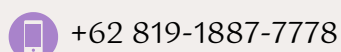
## A Snippet of Who We Are

Welcome to Confida.

Confida is a co-owned private practice established in February 2025 by two clinical psychologists, Ivan Sujana (Ivan) and Zivana Sabili (Zivan).

Located in Setiabudi-Kuningan, South Jakarta, we provide an array of psychological services for individuals, couples, and organizations. These include individual and couples counseling, employee assistance program, clinical supervision and professional mentorship for therapists, sex education, seminars and workshops, as well as media engagements. All of our services are available both offline and online.

Reach out to us, and we'll gladly see what we can do to help!



# Meet Our Confidant

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SIPP: 20060456-2023-02-2932

## Ivan

Ivan Sujana, M.Psi., Psikolog

- 18 years of practice experience as an adult clinical psychologist
- personalized approach for each client that gets beyond surface difficulties to core concerns and spiritual dimensions often left untouched

### Personality Traits

Authentic

Deep

Witty

Thoughtful

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## Education

### Master's degree (2004-2006)

Professional Psychology Study Program - Adult Clinical Psychology  
Faculty of Psychology, Universitas Indonesia

### Bachelor's degree (1995-2002)

Psychology Study Program  
Faculty of Psychology, Universitas Indonesia

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## Services

Individual & couples counseling

Employee assistance program (EAP)

Clinical supervision for therapists

Professional mentorship for therapists

Seminars & workshops

Media engagements

## Focus Areas

Psychological wellbeing

Personal & professional development

Workplace & occupational issues

Spiritual & existential exploration

Interfaith couples counseling

Projective personality assessment

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## Counseling with Ivan

### Service Rates

| Service  | Online        | Offline       |
|--|---------------|---------------|
| Individual counseling session (1,5 hour/session) | 1.200.000 IDR | 1.300.000 IDR |
| Couples counseling session (1,5 hour/session)    | 1.500.000 IDR | 1.600.000 IDR |

#### Couples Counseling Bundling Package

|  |                          |
|--|--------------------------|
| • 1 offline couples counseling session                         | 1.600.000 IDR            |
| • 4 offline individual counseling sessions (2 sessions/person) | 5.200.000 IDR            |
| • 1 offline couples counseling session                         | 1.600.000 IDR            |
| <b>Total bundling package worth</b>                            | <del>8.400.000 IDR</del> |
| <b>Special bundling package rate</b>                           | 7.700.000 IDR            |

#### Notes:

- Each counseling session lasts for 1,5 hours, be it for individuals or couples.
- By default, counseling sessions are conducted in Indonesian.  
A surcharge of 200.000 IDR is applied for sessions conducted in English.

# Meet Our Confidante

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SIPP: 20231261-2024-1648

## Zivan

Zivana Sabili, M.Psi., Psikolog

- 2nd year of practice as an adult clinical psychologist
- 7th year of practice as a sex educator
- personalized approach for each client, creating a safe space to bravely explore the “taboo”, one step at a time

### Personality Traits

Honest

Sharp

Quirky

Ingenious

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## Education

### Master's degree (2021-2024)

Professional Psychology Study Program - Adult Clinical Psychology  
Faculty of Psychology, Universitas Indonesia

### Bachelor's degree (2012-2016)

Psychology Study Program  
Faculty of Psychology, Universitas Indonesia

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## Services

Individual & couples counseling

Sex education

Seminars & workshops

Media engagements

## Focus Areas

Psychological wellbeing

Sexual & reproductive wellbeing

Premarital counseling

Family planning / contraceptive counseling

Relationship dynamics

Intercultural dynamics & adjustment

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## Counseling with Zivan

### Service Rates

| Service  | Online      | Offline     |
|--|-------------|-------------|
| Individual counseling session (1,5 hour/session) | 500.000 IDR | 550.000 IDR |
| Couples counseling session (1,5 hour/session)    | 700.000 IDR | 800.000 IDR |

#### Couples Counseling Bundling Package

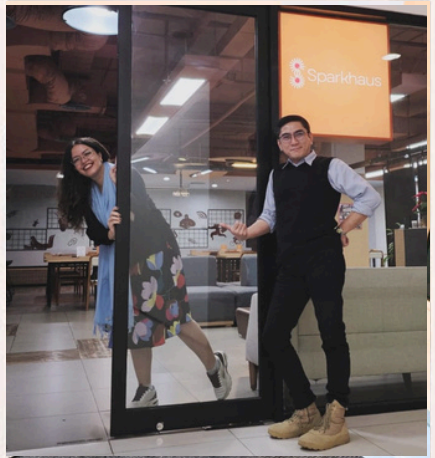
|  |                          |
|--|--------------------------|
| • 1 offline couples counseling session                         | 800.000 IDR              |
| • 4 offline individual counseling sessions (2 sessions/person) | 2.200.000 IDR            |
| • 1 offline couples counseling session                         | 800.000 IDR              |
| <b>Total bundling package worth</b>                            | <del>3.800.000 IDR</del> |
| <b>Special bundling package rate</b>                           | 3.400.000 IDR            |

#### Notes:

- Each counseling session lasts for 1,5 hours, be it for individuals or couples.
- By default, counseling sessions are conducted in Indonesian.  
A surcharge of 200.000 IDR is applied for sessions conducted in English.

# Visit Our Haven

The path towards healing may not always be comfortable, but we hope that you will always feel secure in our haven.



# Schedule a Session

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Visit our website <https://confida.id/>  
by scanning the QR code below.



You can also reach out to us through  
WhatsApp at +62 819-1887-7778.

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Jakarta Selatan 12940