

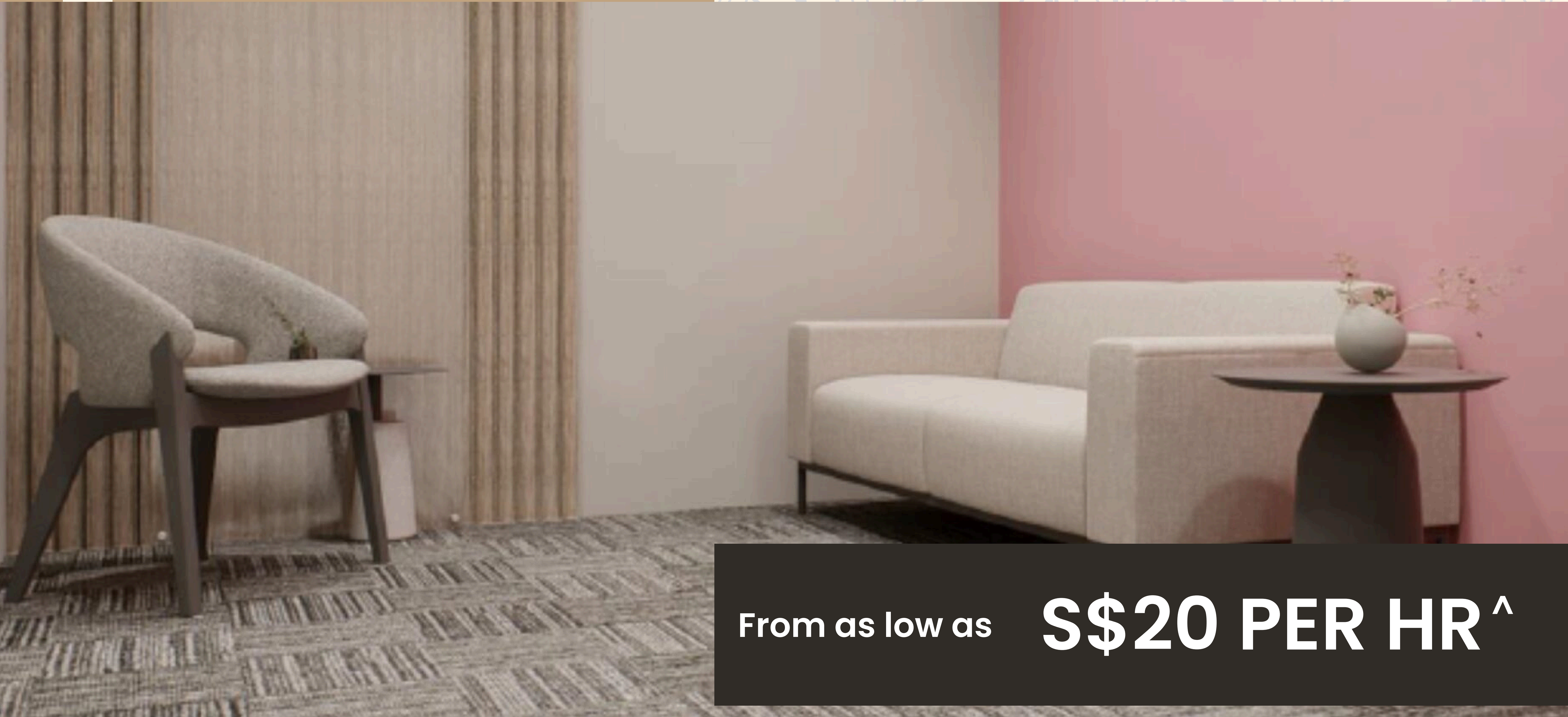
AO PSYCHOLOGY

*Mental Wellness
Redefined*

The Upper Room @ the Adelphi

BY AO PSYCHOLOGY

Elevate your practice and
client connections with our
serene & safe space

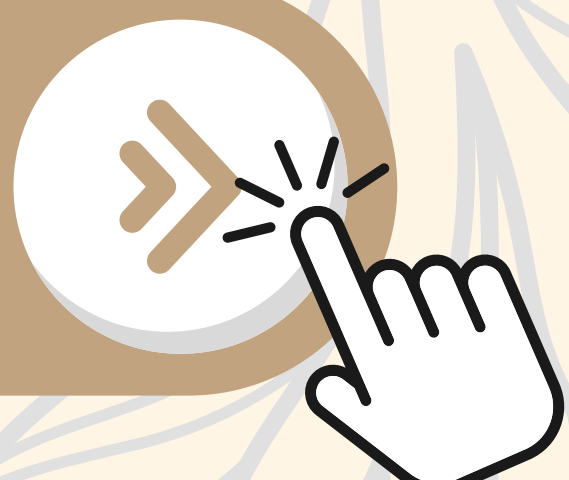


From as low as **\$20 PER HR[^]**

CONTEMPORARY ROOMS



RESERVE A ROOM



CONDUCTIVE FEATURES:

- Soundproof for Privacy
- Comfortable & Stylish Seating
- Soft and Calming Ambience
- Equipped for Therapy & Courses
- Receptionist Support

[^]Applicable to Elite Package subscribers



Enquiries@aopsychology.com



+65 8221 1066

For More Information
www.aopsychology.com

About

AO PSYCHOLOGY

When I began my journey as a clinical psychologist, I held a core belief that mental wellness isn't just about treating symptoms, it's about healing the whole person. Over time, I realized that traditional methods, while valuable, often miss the intricate connections between mind, body, and spirit. This understanding led to the creation of AO Psychology.

AO stands for Alpha & Omega, drawn from the first and last letter of the Greek alphabets. Together, they symbolize the full spectrum of human experience, from the beginning of one's healing journey to the completion of true wellness.

Alpha represents the starting point, the moment one steps into their healing, whether from anxiety, trauma, or stress. Omega is the goal, a place where balance, empowerment, and well-being flow in harmony.

At AO Psychology, our vision is rooted in the belief that mental wellness is a transformative journey. We combine traditional clinical psychology with integrative practices such as yoga therapy, and holistic nutrition. These aren't mere additions. They are essential to a comprehensive healing process.

We know that the mind and body are deeply intertwined, and to heal one, we must nurture the other.

Whether helping someone recover from trauma or manage anxiety, we focus on this holistic approach to healing.

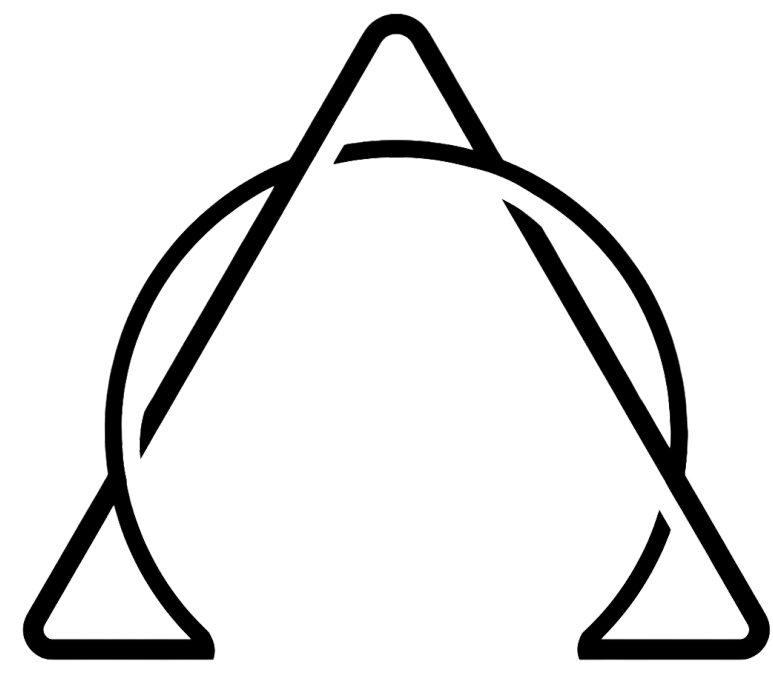
Our mission is to guide clients from Alpha - their beginning - toward Omega, where fulfillment, balance, and well-being are realized. Healing doesn't stop with therapy; it continues as our clients integrate emotional, psychological, and physical wellness into their daily lives.

Here's to *Mental Wellness Redefined*.



Dr. Kimberly Chew

FOUNDER AND PRINCIPAL PSYCHOLOGIST



The Upper Room @ the Adelphi

by AO Psychology



OPERATING HOURS:
10AM - 7:00PM, MON - FRI
10AM - 1:00PM, SAT
(CLOSED ON PUBLIC HOLIDAYS)

Designed with solo practitioners and small private wellness practices and consultations in mind, each room blends privacy, comfort, and calm, providing the ideal atmosphere for focused, transformative sessions. From serene decor, soundproofing to ergonomic seating and flexible layouts, The Upper Room embodies the essentials of a professional yet personal space. With flexible booking options and amenities at hand, The Upper Room offers therapists and wellness professionals the freedom to schedule sessions as needed, whether for a single hour or recurring appointments.



Room 1 - Capacity: 3 | 66 sqf



Room 5 - Capacity: 5 | 111 sqf



Room 2 - Capacity: 3 | 82 sqf



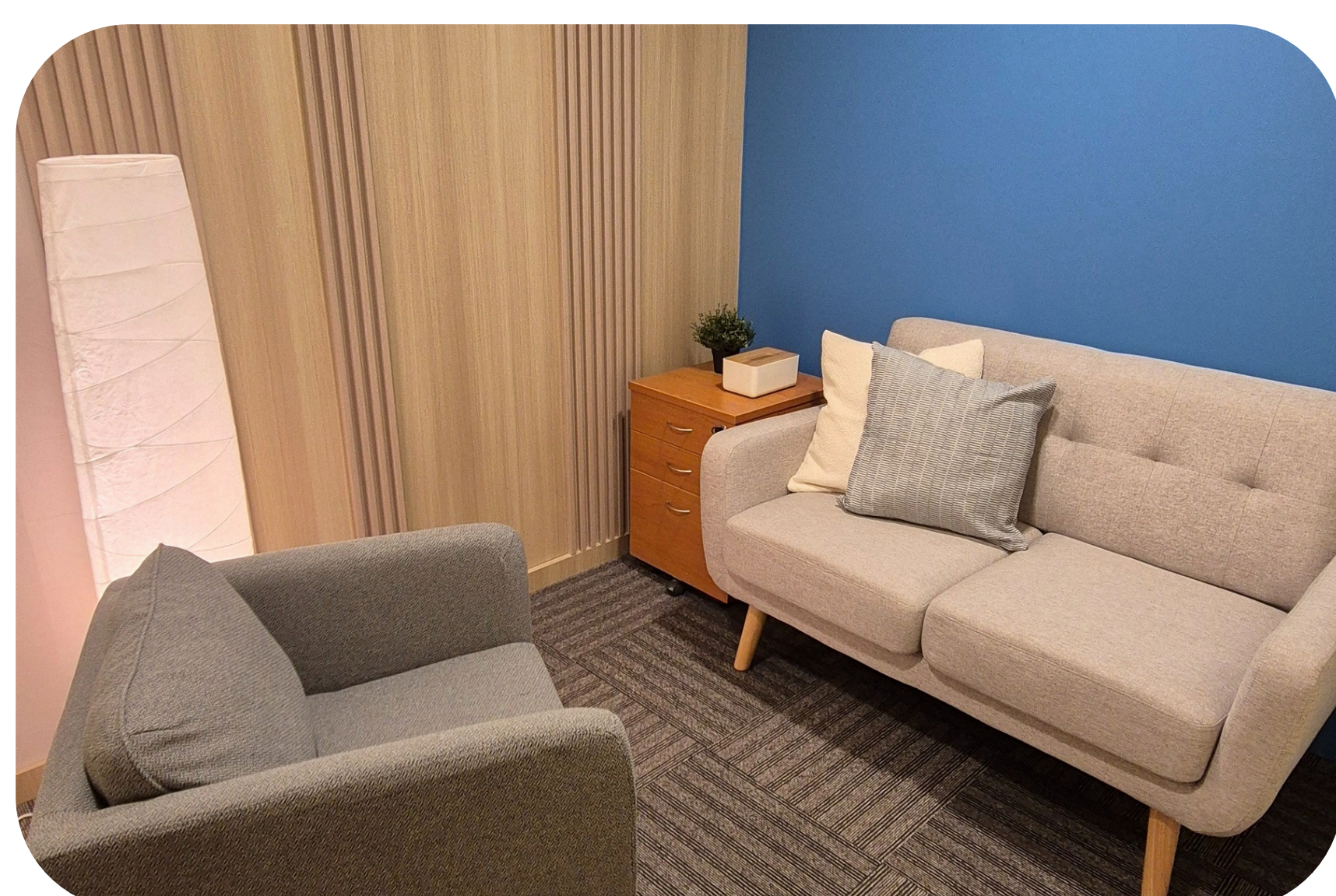
Room 6 - Capacity: 5 | 94 sqf



Room 3 - Capacity: 3 | 82 sqf



Room 7 - Capacity: 12 | 151 sqf



Room 4 - Capacity: 3 | 82 sqf

Amenities:

- Client Reception
- Glassboard & Markers
- Hygiene Products (tissue paper and sanitizer)
- Bottled Water (for Therapists & their Clients)
- Complimentary Coffee/Tea (for Therapists)

Pricing Schedule I - Hourly Rates



Room	Capacity ¹	Credits
Room 1	3	30
Room 2	3	35
Room 3	3	35
Room 4	3	35
Room 5 ²	5	45
Room 6	5	50
Room 7 ³	12	80

1/ Capacity includes 1 (ONE) therapist

2/ Equipped with child therapy furnishing

3/ Equipped with 75" TV. Suitable for therapy sessions; and small group trainings.

- Credits for Premium package and below are valid for 6 months. With each new top-up, the validity of your total credit balance is refreshed and extended for another 6 months from the latest top-up date.
- Credits for Elite package is valid for 12 months, extendable (by 6 or 12 months) with respective package top-ups.
- Annual Membership Fee: S\$250 p.a. (Year 1 waived for all new sign-ups for a limited time only)

Elite

S\$1000
1500 Credits

Enhanced

S\$200
240 Credits

Premium

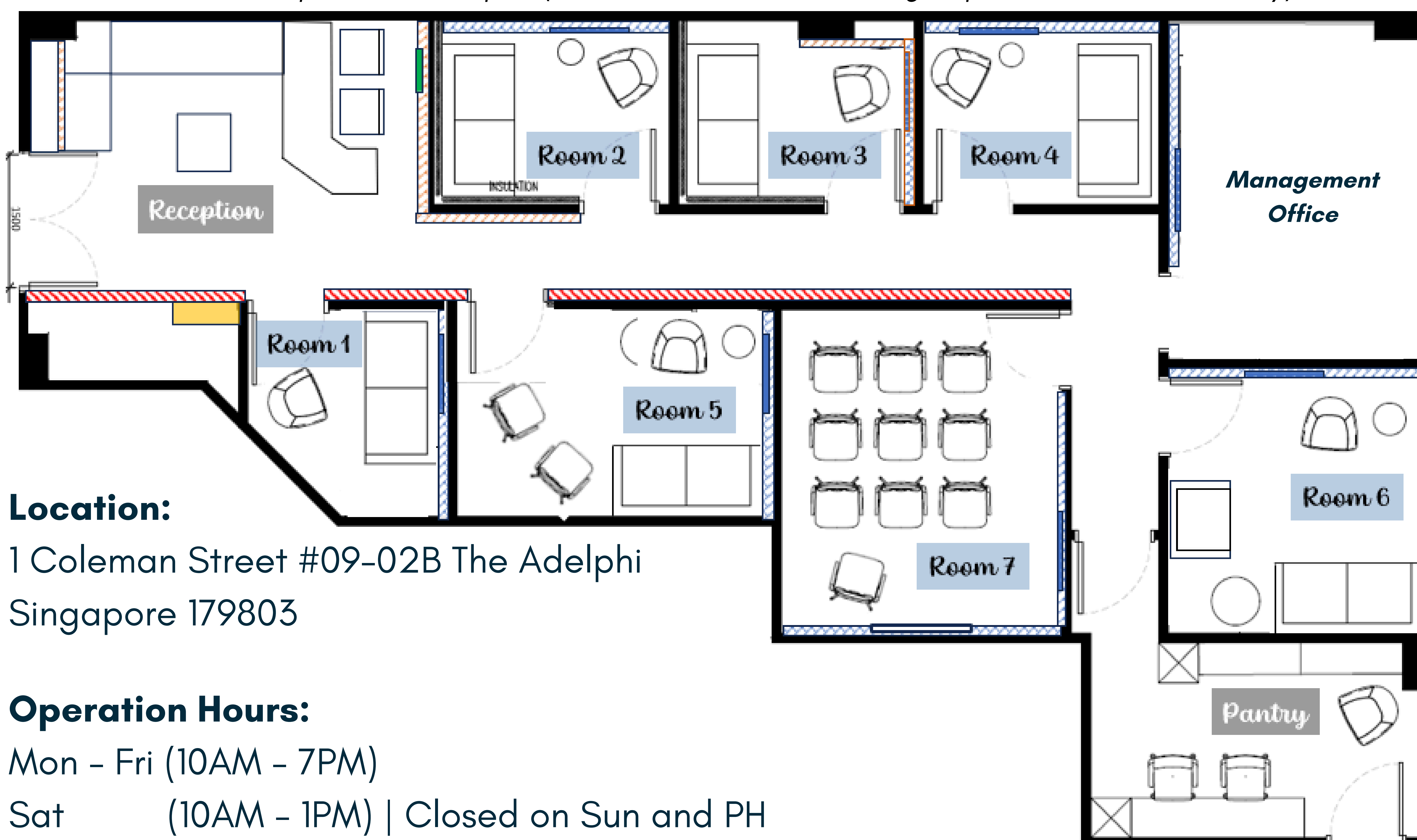
S\$250
325 Credits

Lite

S\$100
100 Credits

Standard

S\$150
165 Credits



Location:

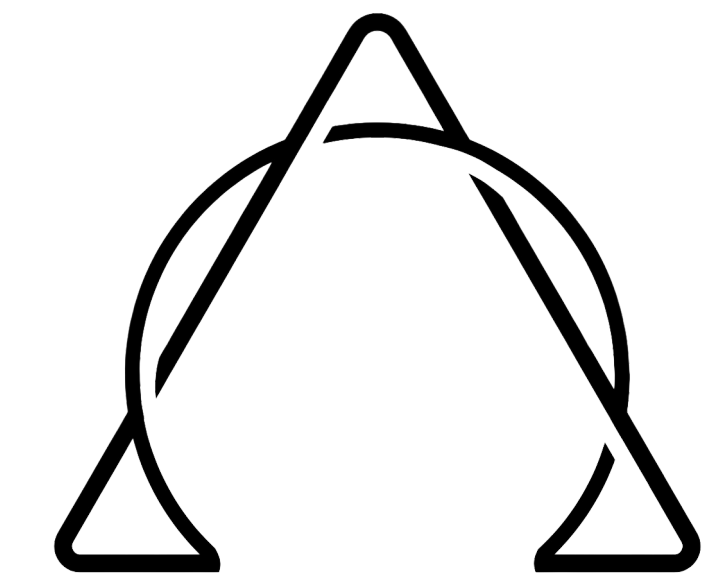
1 Coleman Street #09-02B The Adelphi
Singapore 179803

Operation Hours:

Mon - Fri (10AM - 7PM)

Sat (10AM - 1PM) | Closed on Sun and PH

Pricing Schedule II - Monthly Rates



AO PSYCHOLOGY

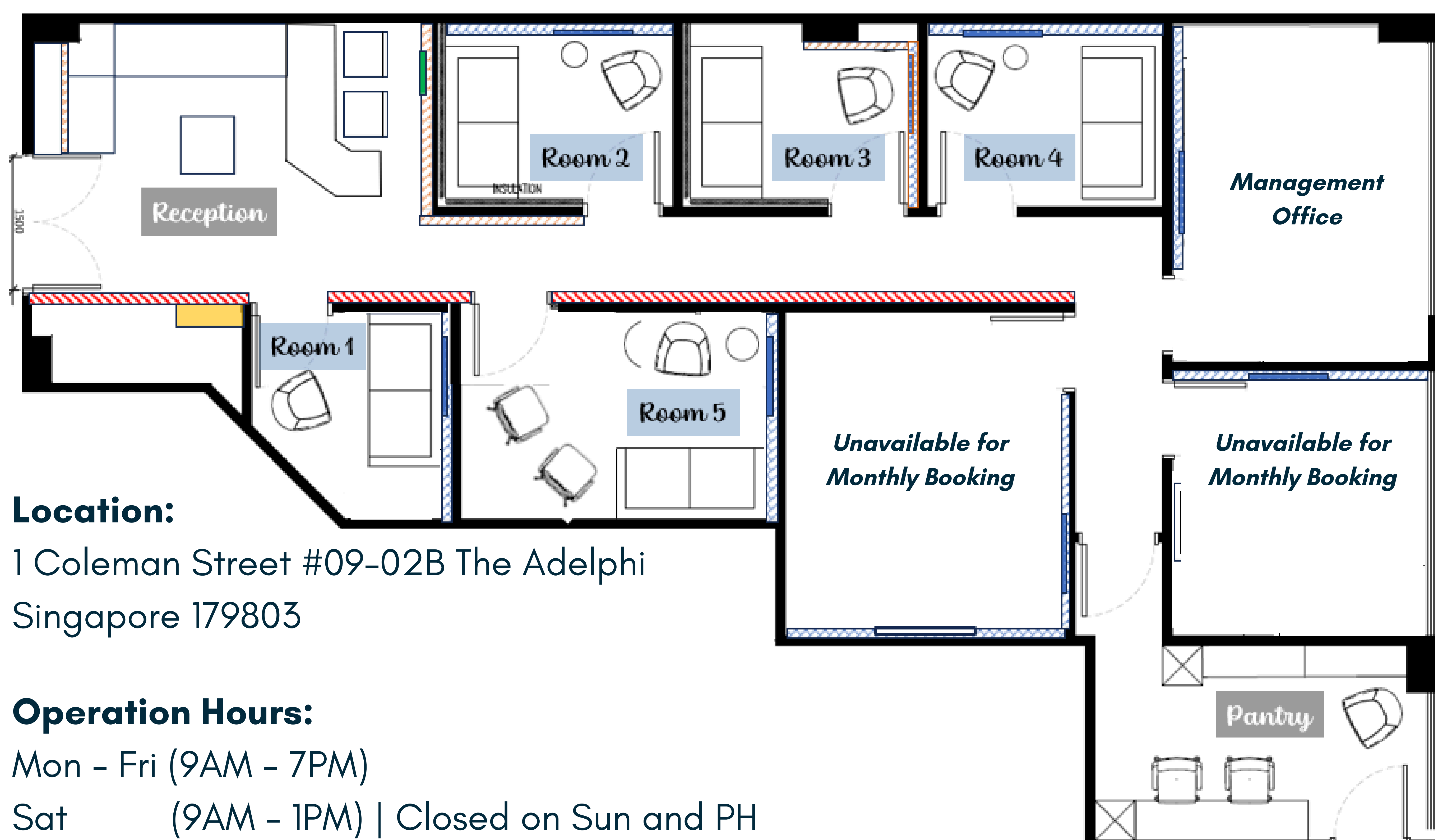
Room	Capacity	~Sqf	Monthly Fee (SGD)		
			AM	PM	All Day
Room 1	3	66	1,500	1,500	2,500
Room 2	3	82	1,750	1,750	3,000
Room 3	3	82	1,750	1,750	3,000
Room 4	3	82	1,750	1,750	3,000
Room 5	5	111	2,250	2,250	4,000

NOTE:
 Monthly room rentals are by invitation only, reserved for practitioners aligned with AO Psychology's holistic approach to mental wellness.

For monthly dedicated room reservation Mon - Fri (AM / PM / All Day) | Sat (applies to AM only)

- AM (9:00AM - 1:00PM)
- PM (2:00PM - 6:00PM)
- All Day (9:00AM - 7:00PM)

- 1/ **Air-Conditioning:** Central cooling ends at 6 PM on weekdays (office remains comfortably chilled until 7 PM)
- 2/ **Weekend Hours:** Sat (9:00AM - 1:00PM) | Closed on Sundays & Public Holidays
- 3/ **Access Cards:** All Day renters will be assigned access cards to gain flexi-authorized entry to the premises.
- 4/ **Minimum Occupation Period:** A minimum commitment of 3 months is required.
- 5/ **Custom Tenure:** For personalized rental terms, please contact us for further details.



Location:

1 Coleman Street #09-02B The Adelphi
 Singapore 179803

Operation Hours:

Mon - Fri (9AM - 7PM)
 Sat (9AM - 1PM) | Closed on Sun and PH

UEN: 202413235M

CONTACT US



EMAIL

enquiries@aopsychology.com



WHATSAPP

+65 8221 1066



INSTAGRAM

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drkim.psychologist](https://www.instagram.com/drkim.psychologist)



FACEBOOK

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id=61565602863975](https://www.facebook.com/profile.php?id=61565602863975)



LINKEDIN

[www.linkedin.com/company/
ao-psychology](https://www.linkedin.com/company/ao-psychology)



ADDRESS

AO Psychology Pte. Ltd.
1 Coleman Street #09-02B
The Adelphi Singapore 179803
www.aopsychology.com



CORPORATE VIDEO

[Video 1](#)

[Video 2](#)

DARE
TO
BEGIN

Terms and Conditions



Effective Date: 1 Aug 2025

By booking a therapy room with AO Psychology, you agree to comply with these terms and conditions. AO Psychology reserves the right to take any legal action necessary in the event of non-compliance with these terms:

1. Booking and Payment

- All room reservations must be made through our online platform or via phone at least 24 hours in advance.
- Full payment is required at the time of reservation to secure your room.
- We accept major credit cards and PayNow for payment.

2. Cancellations and Refunds

- All bookings are strictly non-refundable.
- However, therapists may reschedule their appointment by notifying us at least 24 hours in advance.
- Note that missed appointments without prior notice will be considered a no-show, and the booking will be forfeited.
- For assistance with rescheduling, please email us at upper-room@aopsychology.com

3. Usage Extension and Additional Charges

- Clients must adhere strictly to their reserved booking period for the use of the therapy rooms .
- Any use of the room beyond the allocated time will incur additional charges.
- Extensions will be charged in 15-minute blocks or part thereof, based on the prevailing hourly rate.
- These additional charges will be automatically added to the final invoice.
- Clients are advised to manage their sessions accordingly to avoid overruns.

Terms and Conditions



4. Room Availability and Access

- Room availability is subject to prior bookings, and rooms are reserved on a first-come, first-served basis.
- Each session booked will facilitate a 60 or 90 min usage of the room.
- Therapists should factor in within the allocated slot, a 5-10 min allowance for set-up and pack-up.
- Late arrival does not entitle the client to extended room usage, and the session will end at the pre-agreed time as other therapists may have booked the ensuing slot.

5. Use of Rooms Beyond Regular Operating Hours

- AO Psychology's standard operating hours are from 10:00 AM to 7:00 PM on weekdays, and 10:00 AM to 1:00 PM on Saturdays. Use of therapy rooms beyond these hours is subject to prior approval and incurs additional charges.
- Extended use of the rooms is permitted up to a maximum of:
 - 3 hrs (from 7:00 PM - 10:00 PM) on weekdays, and
 - 4 hrs (from 1:00 PM - 5:00 PM) on Saturdays
- Any use beyond our standard operating hours will be charged at a rate of \$30 per extended hour or part thereof.
- Extended hours must be requested at the time of booking and at least 48 hours in advance, subject to availability and confirmation by AO Psychology.

6. Air-Conditioning After Standard Hours

- Note that central air-conditioning at AO Psychology shuts down at 6:00 PM on weekdays and 1:00 PM on Saturdays. However, the rooms typically remain comfortably cool for up to one additional hour after shutdown.
- Should the therapist require the central air-conditioning to remain active beyond the shutdown time, it can be arranged upon request at an additional charge of \$150 per 4-hour block, subject to advance notice and availability.
- All air-conditioning extension requests must be made at least 48 hours in advance. Requests made without sufficient notice may not be accommodated by the building's management.

Terms and Conditions



7. Usage of Rooms

- Rooms are only available for professional mental and physical wellness therapies or wellness-related services only. These include for example, individual, couples, group, yoga, children and adolescent, nutrition, dietetics therapy, counselling-related and life coaching services.
- Rooms must not be used for illegal, inappropriate, or non-professional activities.
- The booking client is responsible for ensuring that the room and equipment are used appropriately and left in the condition they were found.
- AO Psychology reserves the right to refuse service to clients who misuse the facilities or violate these terms.

8. Client Confidentiality

- AO Psychology upholds the highest standards of client confidentiality. However, the booking therapist is responsible for maintaining the confidentiality and privacy of their own clients within the therapy room.
- Any breach of confidentiality or professional misconduct must be immediately reported to AO Psychology.

9. Liability

- AO Psychology is not liable for any personal injury, loss, or damage to property that occurs while using the therapy rooms.
- The therapist booking the room is fully responsible for their clients' safety and any potential damage to the property or equipment.

10. Conduct and Professionalism

- All therapists must be certified professionals with appropriate qualifications and insurance coverage relevant to their practice.
- Professional and ethical conduct is expected at all times. AO Psychology reserves the right to terminate any bookings without notice or refund if the therapist fails to maintain appropriate standards of behavior.

Terms and Conditions



11. Insurance and Legal Compliance

- All therapists must have valid professional indemnity insurance and comply with all legal requirements relevant to their field of practice.
- AO Psychology reserves the right to request proof of qualifications, insurance, and legal compliance at any time.

12. Cleaning and Maintenance

- The rooms must be kept clean and tidy. Any damages or excessive mess caused by the therapist or their clients must be reported, and the therapist will be held financially responsible for any repairs or cleaning required.

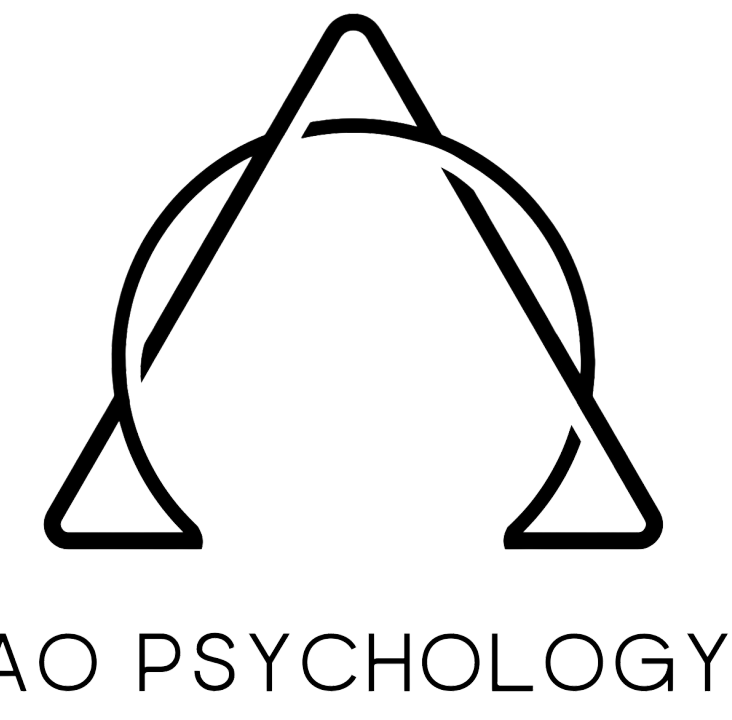
13. Termination of Service

- AO Psychology reserves the right to terminate the room booking agreement if any of these terms and conditions are violated or if there is any misuse of the facilities. No refunds will be given in such instances.

14. Indemnity Clause

- This indemnity applies to claims arising from the actions or omissions of the therapist, their clients, or any other party engaged by the therapist.
- The therapist (booking client) agrees to indemnify, defend, and hold harmless AO Psychology, its employees, agents, and affiliates from and against any and all claims, liabilities, damages, losses, costs, or expenses (including reasonable legal fees) arising out of or in connection with:
 - Any injury or damage to persons or property occurring in or around the therapy rooms during the period of booking.
 - Any breach of these terms and conditions by the therapist or their clients.
 - Any claim made by third parties, including clients of the therapist, in relation to the services provided by the therapist within the AO Psychology premises.
 - Any act of negligence, wilful misconduct, or unlawful activity conducted by the therapist or their clients while using the therapy rooms.

Terms and Conditions



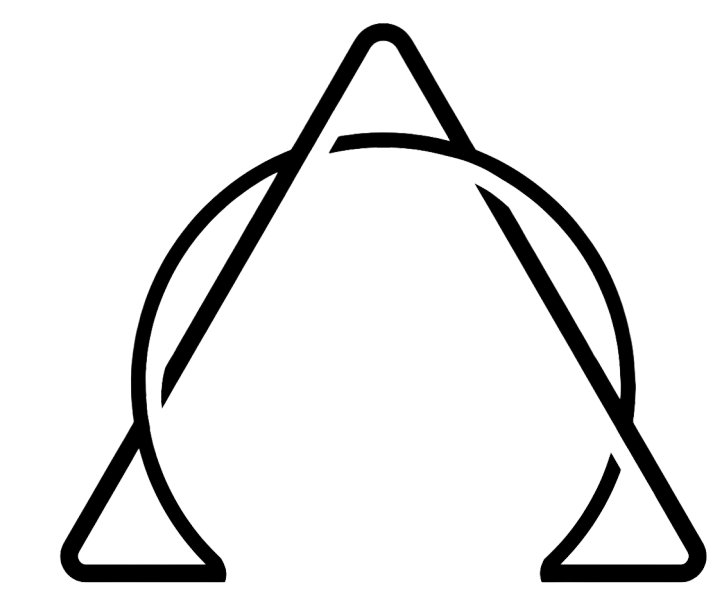
15. Amendments to Terms and Conditions

- The service provider reserves the right to amend these terms and conditions.
- Any changes will be communicated to the client in advance.

16. Governing Law

- These terms and conditions shall be governed by and construed in accordance with the laws of Singapore.

Pricing Schedule I - Hourly Rates



AO PSYCHOLOGY

Room	Capacity ¹	~Sqf	No. of Sessions (Package Subscription)				
			Single	x10 (S\$)	x15 (S\$)	x20 (S\$)	x25 (S\$)
Room 1	3	66	S\$30/hr	285.00 28.50/hr	405.00 27.00/hr	510.00 25.50/hr	600.00 24.00/hr
Room 2	3	82	S\$35/hr	332.50 33.25/hr	472.50 31.50/hr	595.00 29.75/hr	700.00 28.00/hr
Room 3	3	82	S\$35/hr	332.50 33.25/hr	472.50 31.50/hr	595.00 29.75/hr	700.00 28.00/hr
Room 4	3	82	S\$35/hr	332.50 33.25/hr	472.50 31.50/hr	595.00 29.75/hr	700.00 28.00/hr
Room 5 ²	5	111	S\$45/hr	427.50 42.75/hr	607.50 40.50/hr	765.00 38.25/hr	900.00 36.00/hr
Room 6 ²	5 (w/window)	94	S\$50/hr	475.00 47.50/hr	675.00 45.00/hr	850.00 42.50/hr	1,000.00 40.00/hr
Room 7 ^{2, 3}	12 (w/75" TV)	151	S\$80/hr	760.00 76.00/hr	1,080.00 72.00/hr	1,360.00 68.00/hr	1,600.00 64.00/hr

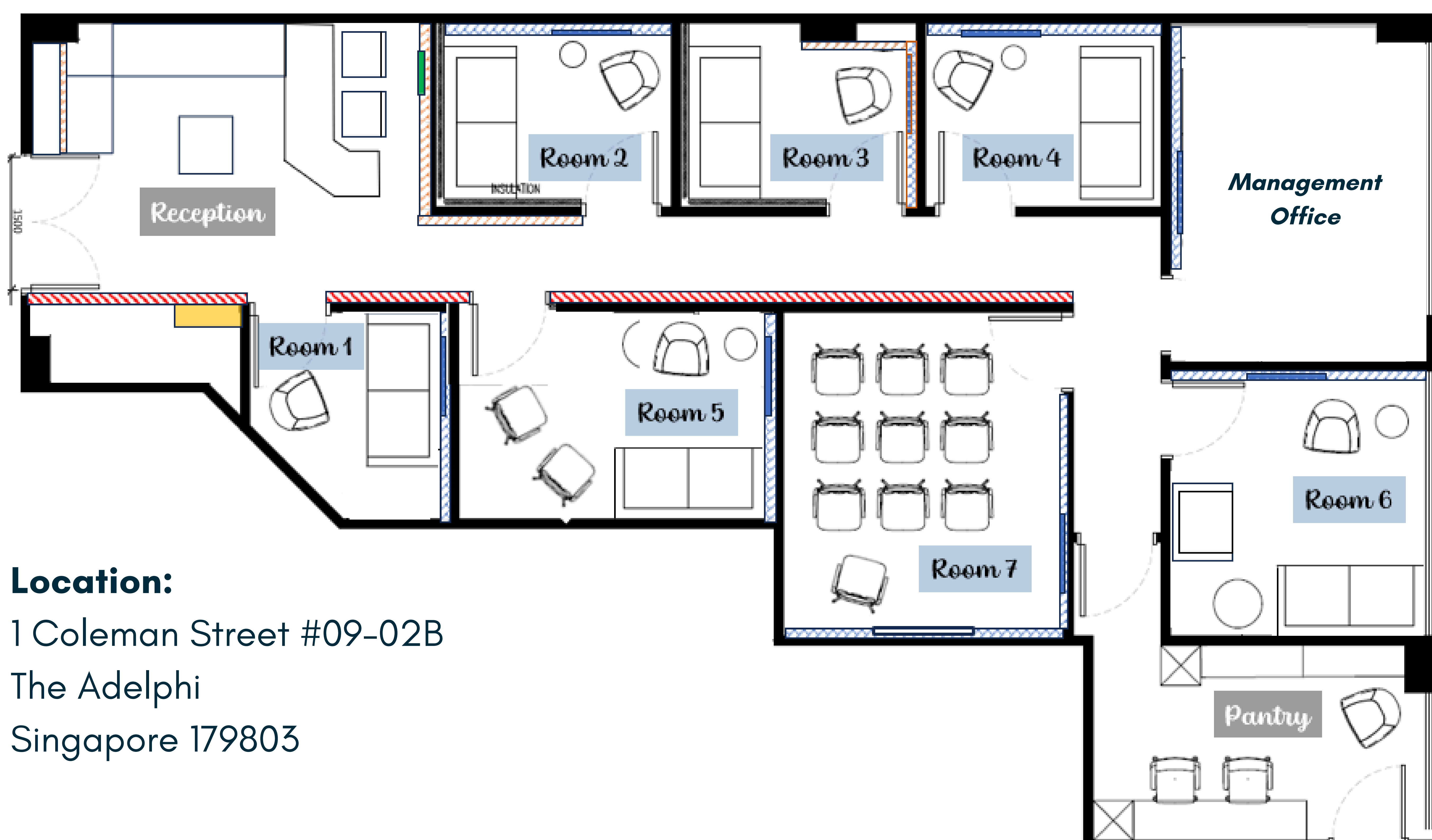
1/ Capacity includes 1 (ONE) therapist

2/ Large capacity rooms may be allocated to lower capacity room bookings depending on availability

3/ Multipurpose room use may include therapy sessions; and small group training, courses & workshops

- Expiry period for all packages: End of each calendar month

- Annual Membership Fee: S\$250 p.a. (Year 1 waived for all new sign-ups for a limited time only)



Location:

1 Coleman Street #09-02B

The Adelphi

Singapore 179803