IGNITE
RELATIONSHIPS
STUDIO

THE ART OF GROWING TOGETHER AS A FAMILY

Child & Adolescent Development and Reflective Parenting

Premium. Discreet. Confidential.



THE RELATIONSHIP YOU NURTURE

Of Roots and Open Skies

As your child's world opens up, discover new ways to listen, stay close and give them room to find their own way.

You know your child in ways no one else does. Yet each stage can bring something new to understand. A teenager asking for more freedom may still look for you when something matters. We make room for their experience and yours, so you can choose how to meet change together.

We welcome parents of all sexual orientations and cultural backgrounds, including single parents, co-parents and parents in diverse consensual partnerships. Sessions are offered in English in Bangkok and online worldwide.

01 When your child or family faces a challenge

At different stages of family life, concerns may arise around emotions, behaviour, school, relationships, identity or belonging. For multicultural families, including those raising third-culture children, these experiences may also be shaped by life across cultures. Whether you are facing an unexpected change or something that has been on your mind for a while, we begin with what matters to you and your child.

02 When you want your child and family to thrive

Build on your child's strengths, nurture their interests and support them in pursuing goals that matter to them. Explore when to guide them and when to let them take the lead. Together, define what success means for your family.

03 When you seek a steady place to return to

Regular sessions offer encouragement and accountability. Revisit your intentions, recognise growth and work through tensions before they become harder to talk about.

Our Approach: A Whole-Relationship Perspective

We listen to what is happening for your child, for you as a parent and between you as a family.

Understanding What Shapes Your Concerns

We draw on psychology to explore behaviour, thoughts and emotions, neuroscience to understand responses to stress and connection, and attachment to explore closeness, trust and safety.

Finding What Supports Your Child and Family

We bring together therapeutic approaches and coaching. Children may explore feelings through play or stories. Teenagers may value a private conversation. Parents have time to reflect and practise new ways of relating at home.

Seeing the Bigger Picture

We consider how school, the education system, friendships, extended family and the wider community shape your child's experience and yours.

A STRUCTURE FOR THE WORK AHEAD

Choose the journey that feels right for your family

Each journey offers a different rhythm of individual attention, time for parents and conversation together.

01 Parent & Child Clarity Journey

Three sessions: one 90-minute session for your child, one 90-minute session for one or both parents and a 120-minute session for your child and one or both parents together.

All-inclusive fee: THB 19,000

02 Child or Parent Growth Journey

Six 90-minute individual sessions for one child, adolescent or parent to work through challenges and build on strengths. A child and a parent can each enrol in a separate journey and attend in parallel.

All-inclusive fee: THB 42,000 per person

03 Deeper Family Connection Journey

Nine sessions over approximately three to four months. Each of three rounds includes a 90-minute session for one or both parents, a 90-minute session for your child and a 120-minute session together.

All-inclusive fee: THB 54,000

The Clarity and Deeper Family Connection Journeys include one child. An additional child may enrol in a separate six-session Growth Journey. For younger children, a 90-minute appointment can include time with a parent. Your practitioner will guide you.

Begin with a conversation

Initial consultation	Private consultation
A 90-minute conversation, often beginning with one or both parents. Before deciding who will attend, please speak with us. Your practitioner will guide you.	A 90- to 120-minute private session for a child, adolescent or parent individually, or for family members attending together.
THB 3,000 total, regardless of who attends.	**Individual: THB 6,000 per person** **Family: THB 9,900 total for up to four family members**

If you choose to begin a journey, the initial consultation fee is applied towards the fee for your selected journey.

Every in-studio session includes a dedicated private space and tea. Before you begin, we discuss confidentiality, its professional or legal limits and how information is shared in individual and family sessions.

MEET THE SIBLINGS, LUX AND FERNANDO

A compassionate presence for your child and family

Lux and Fernando bring complementary experience in child development, family relationships, psychotherapy and coaching.



Lux Hettiyadura

Family Development and Relationship Specialist · ICF PCC

Lux holds a BA in Early Childhood Education, is an ICF Professional Certified Coach and is pursuing an MSc in Counselling Psychology. Her further training includes Montessori education, children's mental health, Ayurvedic Psychology, polyvagal-informed practice and trauma-informed yoga therapy.



Fernando Hettiyadura

Registered Eclectic Psychotherapist · ICF MCC

Fernando specialises in relational trauma. He holds an MSc in Counselling Psychology and postgraduate qualifications in Clinical Psychology and Ayurveda Psychology. An ICF Master Certified Coach, he is pursuing a PhD in Psychology. His work offers parents space to explore how their experiences shape the way they listen, set boundaries and reconnect.

Begin with a confidential consultation.

Meet us in a calm, private setting at Habito Mall, Sukhumvit 77, Bangkok, or join us online.

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