



Counselling

Counselling is the process of working on your personal or professional relationship issues with the help of a trained professional called a counsellor.

How does Counselling work?

Through regular sessions, the counsellor explores with you the difficulties and issues you may be facing. The process of exploring these issues together often helps you to see things more clearly and from a different perspective. The objective is to help you make positive changes. An experienced counsellor can help you to:

- understand yourself and how you relate to others
- understand your relationships as they are now and how they change
- discover what you want from a relationship in the future
- find out what it takes to make your relationships work
- identify your feelings in a safe place
- cope with difficult life circumstances
- create positive family experiences.

Who uses Counselling?

All sorts of people use counselling for any number of reasons such as when they:

- need help dealing with strong emotions
- such as grief, loss, sadness, anger, blame
- can't move on from past relationships
- are in conflict with those close to them be it partners, parents, family, friends, colleagues or children
- want help to identify what isn't working in their lives
- want an impartial, non-judgmental person to talk to about their problems.

How long will Counselling take?

Counselling focuses on enhancing your capacity to manage life challenges such as relationship difficulties, bereavement and anxiety. Counselling usually involves 8 to 10 sessions.

What won't Counsellors do?

Our counsellors won't:

- give advice or be judgemental
- get emotionally involved
- diagnose mental illness, prescribe medication, take sides or referee a disagreement.

What kind of Counselling do you deliver?

We provide:

- couples counselling for those wishing to improve or reignite their relationship
- individual counselling for those who prefer to work one on one
- teens and child counselling for those going through a difficult time
- counselling for those thinking about separation.

Is Counselling confidential?

There are some circumstances under which confidentiality is limited for legal or personal protection requirements (such as harm to others) but you would be advised.

Otherwise, nothing said will be revealed and any notes taken are kept secure unless permission has been given.

What do I do now?

Just give us a call on **1800 639 523** or send an email to enquiry@betterplace.com.au with your contact details. For more information, betterplaceaustralia.com.au.