

Supporting Children through Counselling

Our Services

Children face a range of issues such as family conflict and financial stress, loss of loved ones, change of school, puberty and peer pressures.

Every child reacts differently and some handle the changes better than others.

Our aim is to help them understand and manage the changes they are experiencing. The outcomes we achieve for children and young people are:

- An increased ability to better understand and manage their feelings
- Reduction of self-blame and feeling responsible for stopping their parents' conflict
- Decreased levels of distress and challenging behaviours
- Improved communication and problem solving
- An increased ability to trust and form health relationships

We provide a range of services from preventative education to individual counselling.

Individual Counselling

Individual counselling for children and young people gives them the opportunity to express their thoughts and feelings in a safe environment.

We use a range of techniques depending on the age and preference for the child/young person/ Techniques that work extremely well for young children include drawing, play, storytelling and drama. They allow children to express themselves at their own pace and build trust with an adult.

Sibling Counselling

The same sorts of techniques are used as in individual counselling but children are seen together as a family unit.

Child Informed Mediation

It may be appropriate for parents going through a Family Dispute Resolution process to be offered the opportunity to have a Child Counsellor discuss with their child/ren how their parents' separation is affecting them. This is referred to as a Child Informed Mediation.

The purpose of this is to make sure that each child has his or her wishes, unspoken developmental needs and

experiences of the family separation better understood by his or her parents. This helps the parents to make more appropriate decisions affecting children and for many parents, is a turning point in resolving their dispute.

Education Programs

We have developed a range of education and skills training programs for primary and secondary school aged children/young people/ Group work is particularly helpful in getting them to realise they are not alone in their situation. Knowing that others have similar experiences and thoughts creates room for support and understanding.

Group sessions are run as short courses and as school holiday programs either in schools or at Better Place Australia premises, at a minimal cost.

Additional Services

Additional, and often complementary, services available to assist our clients include:

- Family Dispute Resolution
- Post Separation Parenting Program
- Parent and Adolescent Mediation
- Financial Counselling
- Individual and Family Counselling

Post Counselling Follow Up

Following closure of your Child Counselling service, Better Place Australia will contact you in approximately 3-6 months' time via a short email with a questionnaire to follow up on your progress.

Interpreters



You can ask us for an interpreter in your language.

What Do I Do Now?

If you feel that your situation would benefit from Child Counselling, or you would just like to know more about it, please call **1800 639 523** or send an email to enquiry@betterplace.com.au with your contact details.