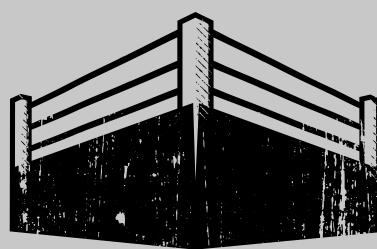


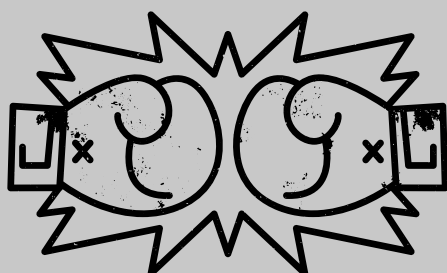
SKILLS REQUIRED FOR COUNSELLING

3 Traits

Counsellors are **caring, genuine and empathic** to towards their clients.



Finding a Counsellor

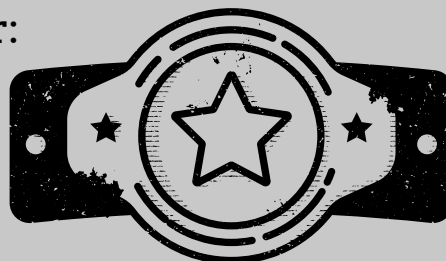


Not every counsellor can help every client. When searching for an appropriate counselling service, don't be afraid to ask the counsellor questions.

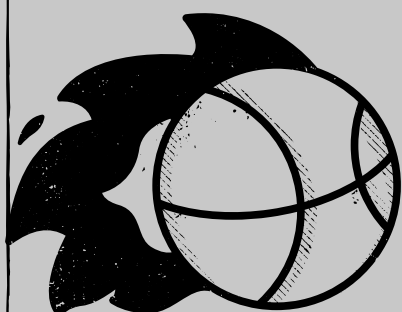
Specialize

You may like to ask the counsellor:

-if they have a particular area of expertise (such as marriage counselling or grief and loss)



Cost and Time



You may like to ask the counselor:

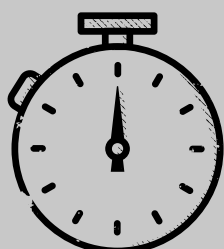
-what each session will cost
-the amount of sessions required to achieve your goals for counselling.

Professional Check

Ask your counsellor or psychologist if they are member of one of the peak professional bodies in Australia, such as the Australian Counselling Association and if they adhere to a Professional Code of Ethics.



After Hours



Appointments can be face to face or by Telehealth.

To arrange an after hours or weekend counselling appointment please call or book directly online.

EAP

EAP stands for Employee Assistance Program.

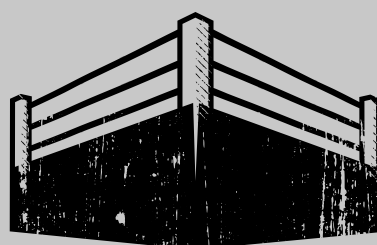


The EAP provider can tell you how many counselling sessions you will be able to access under the EAP. You will have no out of pocket expenses; and access therapy quickly, easily and privately.

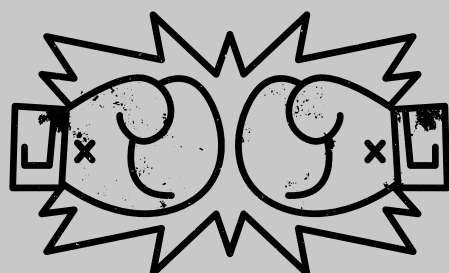
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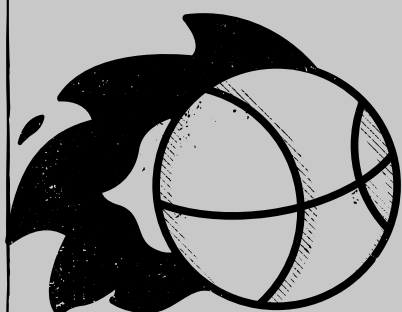
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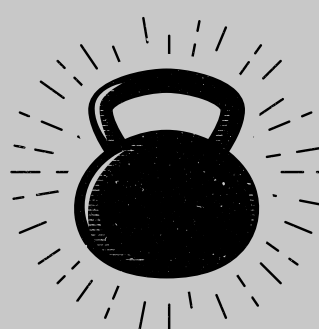


You may like to ask the counselor:

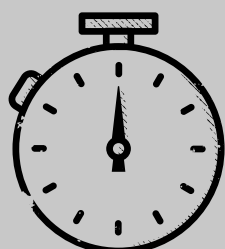
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