

Fact Sheet Counselling

Counselling aims to provide individuals with a platform where they can talk about their issues and learn ways to deal with their problems. Counselling is much less medical therapeutic environment and often seen as the 'informal version' of seeing a psychologist or psychiatrist. It is a safe and confidential place where you can seek help from trained professionals. Anyone can access counselling through their GP and the Better Access Plan, the workplace and even through private services. Counselling sessions can range in price depending on your socioeconomic standing, the method of referral, the reason for seeing a counsellor and the counselling service you use.

Types

Individual and couples counselling

A counsellor can meet with you on a one-to-one basis, or with you and your partner, to talk through issues that are concerning you.

Family therapy

A counsellor works with the whole family as a system to explore the way family members interact with each other and how they may be able to function better together.

Group therapy

A counsellor leads the discussion for a group of people, with or without similar issues of concern, who get together on a regular basis to share their experiences.

Self-help groups

People who are experiencing similar problems, such as loss and grief, trauma, divorce or illness, meet to discuss common issues and problems, with or without a counsellor to lead the discussion.

Phone and online counselling

Some counsellors may be able to conduct sessions with you over the phone or via the internet (chat-room or Skype)



Counselling is...

- Therapeutic in nature
- Non-judgmental
- Helpful
- Healing
- Confidential
- Client focused
- Run by trained professionals
- A place of learning
- A place to get to know yourself
- Diverse
- A safe place
- A time to talk
- A place to be vulnerable
- Feedback
- Solution focused
- Learning acceptance

How can it help?

- Talk about your experiences and issues
- Learn better communication skills
- Learn new coping skills
- Reaffirms faith in yourself and your judgment
- Helps you reflect on your experiences
- Learn about yourself and your behaviors
- Someone to talk to, who will listen without bias or judgment
- Provides you with a place to offload and reflect
- Helps you find solutions to problems
- Helps you gain back control over your life
- Helps you accept and move on

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at www.zontahouse.org.au"