

What is counselling?

Counselling is the process of working out your personal, relationship or family problems with the help of a highly trained professional called a counsellor.

How does counselling work?

Through regular meetings, 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 a positive change.

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
- feel like their relationship needs work
- want an impartial, non-judgmental person to talk to about their problems.

What won't Counsellors do?

Our counsellors won't:

- give advice
- be judgemental
- get emotionally involved
- diagnose mental illness (only doctors can do that)
- prescribe medication (only doctors can do that)
- 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
- family therapy for a holistic approach where appropriate.

Is counselling confidential?

Yes. Nothing said will be revealed unless permission has been given and any notes taken are kept secure.

There are some circumstances under which confidentiality is limited or revoked due to legal or personal protection requirements.

What do I do now?

If you would just like to know more please call **1800 639 523** or send an email to family@mediation.com.au with your contact details.