

Relationship Counselling



Do you need help with personal relationships or family challenges?

Why use relationship services?

At different stages in our personal or professional relationships we may experience difficulties. Engaging a skilled professional to help you understand why and negotiate your way through such times can be extremely helpful.

Counselling can help you build skills in communication, negotiation and managing emotions. It assists with developing new skills to equip people to respond and manage issues better, and relate better to other people. All of which can make you feel happier and better within yourself.

Counselling is judgement-free, confidential and tailored to your needs.

Is there a difference between counselling and therapy?

Counselling focuses on enhancing your capacity to cope and navigate through life challenges such as relationship difficulties or endings, bereavement, or anxiety. Counsellors help people to resolve problems and develop inner resources to move on with life.

Therapy focuses on achieving change in the personality or self on a much deeper level over a longer period of time.

How long does counselling take?

That depends on the issues you wish to discuss but generally no longer than 8 sessions.

What sort of relationship services does FMC offer?

Relationship Counselling

Counselling is a process of exploring feelings and beliefs that you might find are challenging or limiting to your relationships or lifestyle. The role of the counsellor is to help you see things clearly so you can make decisions that are the right ones for you. Individuals or couples attend counselling for many reasons such as:

- Inability to maintain personal relationships
- Difficulties with professional relationships
- Inability to move on from past relationships
- Adjusting to being a single parent or person
- Concerns or issues within a relationship or marriage (as an individual or couple)
- Wanting to revitalise an otherwise successful relationship (as an individual or couple)
- Learning to 'blend' families.

Prepare/Enrich

A strong relationship is the foundation for a healthy and satisfying life. Prepare/Enrich is a research-based program to help couples at any life-stage work to strengthen their relationship, enrich communication and learn positive styles of conflict resolution. Used internationally and by over 150,000 Australian couples, Prepare/Enrich combines a targeted online questionnaire with brief, skilled private coaching sessions led by a highly trained professional. FMC offers two Prepare/Enrich programs to strengthen both personal relationships and parenting skills.

Prepare/Enrich for Couples

Prepare/Enrich provides a report that the couple can discuss with the FMC counsellor (over 2 x 1.5 hour sessions). The results allow the couple to develop new relationship skills to create a deeper, healthier relationship.

Prepare/Enrich for Parents

The main focus of the Parenting package is parenting issues. Parents are taken through the questionnaire results over 2 x 1.5 hour sessions. This empowers parents and provides them with insight into their parenting style, family dynamics and couple relationship.

Child Counselling

A qualified Child Counsellor can help your child/children feel safe enough to express their feelings and concerns as well as learn coping skills that allow them to live more confidently, happily and act appropriately.

In some cases, children see a child counsellor as part of their parents' separation process. This gives parents an insight into the needs and feelings of their children.

Mediation for Family Conflict

Mediation is a guided negotiation process that families (immediate and extended) find useful when communication has broken down. A skilled, independent practitioner helps you to work through your issues and guide you in establishing effective communication to help mend fractured relationships.

The sorts of issues people often take to family mediation include:

- Issues between adolescents and parents
- Conflicts between adult siblings
- Negotiating the blending of two families.

What does it cost?

As a not for profit organisation FMC ensures that it represents good value to its clients.

The cost of some services is partially funded by the Government. The balance is covered by minimal fees dependent on your personal circumstances.

What do I do now?

To make a booking or discuss your needs:

 Talk to us on **1800 639 523** during office hours (freecall)

 Skype available



Email your query to enquiry@mediation.com.au



Find out more on our website where you can also talk to us on Live Chat or leave a confidential request www.mediation.com.au www.financialfirstaid.org.au

After hours appointments are available.

Locations across Victoria

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