



Would counselling help your child?

What is counselling?

Counselling is a process of assistance and guidance to resolve personal and interpersonal difficulties and conflicts.

Counselling for children involves talking to a professional, compassionate and skilled practitioner who understands how children communicate, the difficulties children face and how best to resolve them.

Counselling is judgment-free, confidential and tailored to your children's unique needs.

Why might some kids need counselling?

While childhood is often depicted as a carefree time of life, this is not the reality for all kids.

Children face a range of issues such as family conflict and financial stress, loss of loved ones, change of school, puberty and peer pressures. Sadly, every year many children are affected by family relationship conflict/issues.

How children react to these experiences depends on their age, personality and the particular circumstances. With a combination of undeveloped coping skills, immature communication skills and difficult situations, lots of kids can struggle. Unable to express their feelings verbally, children and adolescents often end up acting out their issues in inappropriate ways such as:

- bullying or being bullied
- anger or aggression
- prolonged sadness

- being overly anxious, concerned or withdrawn
- behaving irrationally and/or dangerously.

How could counselling help my children?

Going through the counselling process has many benefits. A skilled child counsellor can help your children:

- vent their feelings in a safe place and manage strong emotions such as blame, guilt and anger
- understand how to express themselves and relate positively to others
- understand their family and friend relationships as they are now and how they change
- use a range of age appropriate coping skills
- learn age appropriate coping skills.

How does it work?

Using a range of tailored counselling methods, we work with your child – in collaboration with you – to ensure the best interests of your child are accommodated in and out of sessions.

After assessing your child's needs, we can determine how to address the issues in the most effective and efficient way for your child. This may be with:

- Individual counselling which allows kids to express their thoughts and feelings about their issues one-on-one with a counsellor in a safe environment. We use age-appropriate techniques that could include drawing, play, story-telling and drama.
- Sibling counselling where children from the same family work together, as they would in individual counselling, but as a family unit.

- Child informed mediation which is an optional part of the family dispute resolution process and gives parents an insight into their children's thoughts, feelings, needs and wishes about the separation. For many parents, this is a turning point in resolving their issues.

- Group work for primary and secondary aged children is especially helpful for letting children know they are not alone. Discovering that other people their own age are going through similar experiences and thoughts is very powerful.

How do I know what sort of help my child needs?

Just give us a call on 1800 639 523 during office hours.

Our trained staff will help you identify the issue and guide you to the service that is right for you and your child at one of our many locations.

They will also give you an estimate of fees should there be any cost involved.

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 circumstance.

We are willing to work with you if you are experiencing financial hardship.

How long does counselling take?

That depends on many factors such as the age and issues your child or children are working with, but generally the maximum is 8 sessions.

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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