

Counselling

PERFORMANCE OPTIMISATION

What is Counselling?

Most of us are quite resilient but at times may experience stress in our lives or need assistance with challenging circumstances. Counselling is an active process that can help you to fully understand the difficulties and barriers you may be experiencing and find practical and effective strategies and solutions.

WHAT TO EXPECT:

Depending on your individual circumstances and needs, counselling may comprise of:

- Exploring beliefs, values and behaviours that may act as barriers to change
- Developing effective coping strategies and solutions to ensure lasting behavioural and attitudinal changes
- Providing insight and new perspective on current presenting issues
- Facilitating psycho-education and skill development
- Conducting clinical assessments and formulating a treatment plan
- Liaising and referring to other allied health practitioners as required

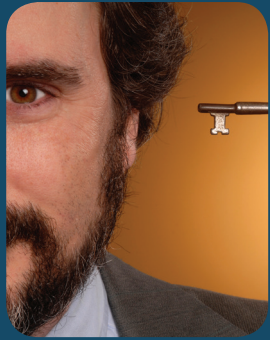
THERAPEUTIC METHODS:

Our psychologists use a range of evidence based interventions depending on the client and presenting issues:

- Cognitive Behavioural Therapy
- Schema Therapy
- Mindfulness
- Acceptance and Commitment Therapy
- Dialectical Behavioural Therapy
- Motivational Interviewing
- Family Therapy
- Narrative Therapy
- Applied Behavioural Analyses
- EMDR

OUR TEAM

All Thinkahead psychologists are fully qualified, registered and highly experienced not to mention accredited with Medicare and all major health funds. We provide both short and long term assistance and use elements of counselling, coaching and motivating skills to help you achieve your goals. All consultations are strictly confidential.



THINKAHEAD®

We Specialise in

PSYCHOLOGICAL
SERVICES

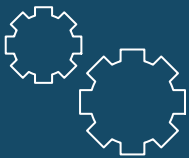
CORPORATE
TRAINING

LEADERSHIP
DEVELOPMENT &
COACHING

PERFORMANCE
& WELLBEING
PROGRAMS

CULTURE
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CONSULTING
SERVICES



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Our Expertise

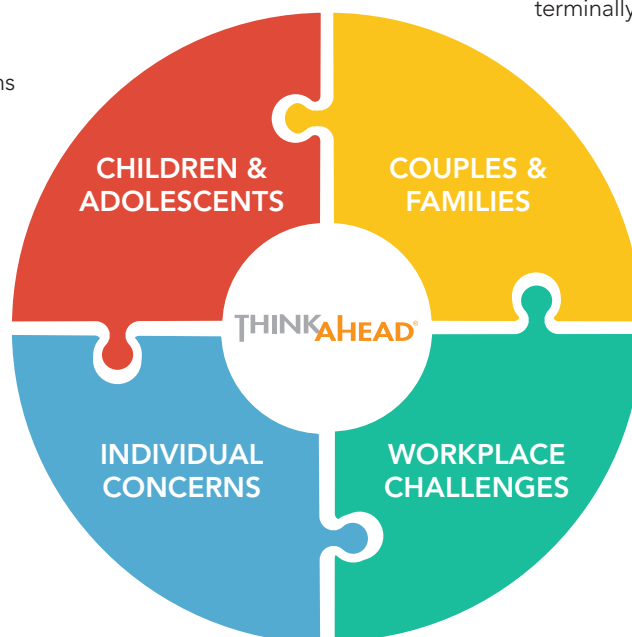
Our team of highly experienced and qualified psychologists offer a broad range of skills and interventions that are tailored to your individual needs. At Thinkahead we can help with:

CHILDREN & ADOLESCENTS

- Self Harming
- Bullying
- Behavioural Problems
- Body Image / Eating Disorders
- Anxiety / Fears / Phobias / Worries
- Depression
- Study Skills & Exam Stress
- Self-esteem Issues
- Social / Separation Anxiety
- Anger and Oppositional Behaviour
- Sleeping and Bedtime Problems
- Bed Wetting
- Career Guidance Counselling
- Physical and Sexual Abuse

COUPLES & FAMILIES

- Parenting Issues
- Relationship / Family Breakdown
- Divorce and Separation
- Gender / Intimacy Problems
- Blended / Extended Family Issues
- Fertility / Perinatal and Postnatal Depression
- Caring for the elderly and terminally ill



INDIVIDUAL CONCERNS

- Grief / Loss / Trauma
- Chronic Pain / Health Issues
- Anxiety / Phobias / OCD
- Depression
- Interpersonal Conflict
- Addictions
- Assertiveness / Communication
- Body Image / Eating Disorders
- Abuse
- Self-esteem Issues
- Adjusting to Retirement
- Immigration and Culture Adjustment

WORKPLACE CHALLENGES

- Critical Incident
- Bullying / Harassment / Discrimination
- Workplace Stress and Burnout
- Performance Management Issues
- Career Change and Transitioning
- Retrenchment
- Peer and Team Conflict
- Manager/Supervisor Conflict
- Organisational Change and Restructure
- Return to work issues
- Workplace Injury
- Shift Work
- Work/life Balance

MAKING AN APPOINTMENT

You can either self refer or seek a referral through your GP who can assess your eligibility for Medicare Rebates. Our psychologists are registered with Medicare and all major private health insurances. To speak to one of our trusted staff or arrange a confidential appointment please call 1300 420 426.

“Thinkahead was extremely supportive when we had a family crisis. Their intervention and counsel turned our situation around. Eternally grateful.”

GM Asia Pacific
GlaxoSmithKline



CONTACT US TODAY

thinkahead.com.au

TELEPHONE

1300 420 426

THINKAHEAD