



About us



COUNSELLING



We Specialise in

BEHAVIOUR
THERAPY

CHILD &
ADOLESCENT
ASSESSMENTS

COUNSELLING

OCCUPATIONAL
THERAPY

SPEECH THERAPY

GROUP PROGRAMS



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 psychoeducation and skill development.
- Conducting clinical assessments and formulating a treatment plan.
- Liaising and referring to other allied health practitioners as required.

THERAPEUTIC METHODS

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

- Cognitive Behavioural Therapy
- Trauma focused Cognitive Behaviour Therapy
- Schema Therapy
- Mindfulness
- Acceptance and Commitment Therapy
- Dialectical Behavioural Therapy
- Motivational Interviewing
- Family Therapy
- Narrative Therapy
- Applied Behavioural Analyses
- Interpersonal Psychotherapy
- EMDR

All Thinkahead clinicians are fully qualified, registered, highly experienced, and 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.



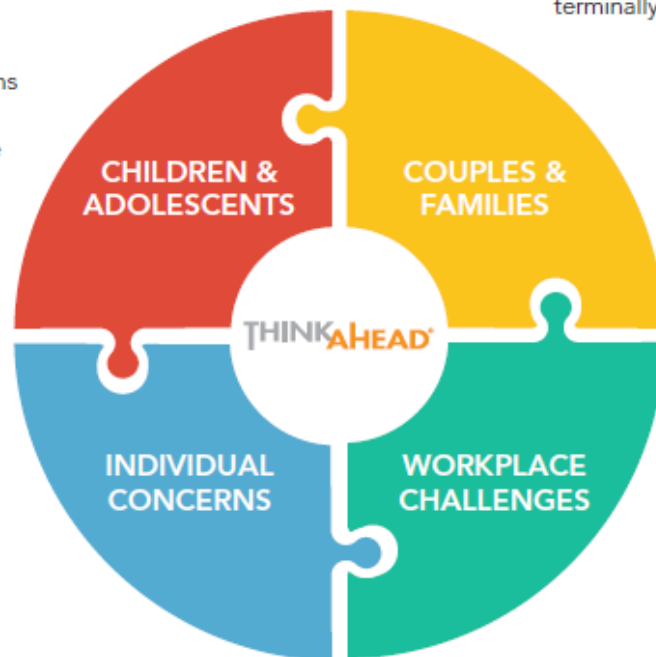
OUR EXPERTISE

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



CONTACT US TODAY

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