

Frequently asked questions

What is counselling?

Counselling provides an opportunity to access professional support to assist you in developing self-understanding and to explore and resolve personal and interpersonal issues

Do I need a referral?

No, clients can self-refer.

How long is a counselling session?

Sessions last for approximately 50-60 minutes.

How many sessions can I attend?

The number of sessions attended is usually determined by you and your counsellor or by the nature of your referral.

What happens to my information?

Your details are strictly confidential however there are limits to this. Your counsellor will explain our obligations to you at your first session.

How much will it cost?

Fees are based on a sliding scale according to household income or by the nature of your referral.



South West Counselling

For further information or to make
an appointment contact:

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Busselton WA 6280

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email: admin@swcounselling.org.au

www.swcounselling.org.au

A community based not for
profit organisation dedicated to
providing quality, confidential and
affordable counselling, psychology
and related services to the
South West community.



Donations over \$2 are Tax Decuctable



Our Purpose

To enhance the wellbeing and safety of individuals, families and children in the South West region of WA.



Our Values

- Client focus
 - Respect
- Honesty and transparency
 - Inclusiveness
 - Self-responsibility
- Professional excellence
 - Confidentiality

We Offer

Services to individuals, including children, couples, families and workplaces.

Our services include:

- Counselling - skype and phone sessions available
- Psychology services
- Support groups
- Workshops and seminars
- Employee Assistance programs
- Critical Incident Management
- Professional supervision
- Mediation
- Organisation Development services

You can expect to receive:

- A confidential service
- Security of your personal information
- Professional excellence
- A commitment to your wellbeing
- Access to your personal information
- The opportunity to comment on our service

Areas of Counselling include:

- Relationships
- Family Separation
- Family & Domestic Violence
- Parenting
- Depression/ Anxiety
- Self-esteem
- Stress
- Health
- Trauma
- Bereavement
- Grief & Loss
- Problem Gambling
- Alcohol and Substance Misuse
- Sexual Abuse/ Assault
- Sexuality
- Change and loss
- Workplace Issues