When you make an appointment with us you have one main counsellor and also a small team of counsellors who listen to your story. This provides more ideas for your issue.

This unique way of working utilises different spaces, including a therapy room and an observation room, to connect with people's strengths and focus them on solutions.

The Psychology and Counselling Reflecting Teams have been offering this service for 15 years and have seen hundreds of people with a broad range of stories including:

- relationships (individuals, couples, families and other groups)
- life transitions
- personal growth and development
- identity exploration
- mental health issues
- professional supervision
- deaf and hard of hearing.

Once experienced, this collaborative, team-based approach often becomes the preferred option for many people who say they feel supported by the process and find it helpful to hear multiple perspectives.

Cost

- $40 (Clinic Fee)
- $20 (Concession)

Contact

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