

## Counsellors see clients presenting with:

- Relationship, marriage and family difficulties
- People considering separation or divorce
- Beginning new relationships
- Rebuilding after separation and divorce
- Parenting Issues
- Family Conflict and Family Dispute Issues
- Child and Adolescent Mental Health Issues
- Anger Management
- Cross-cultural Issues
- Depression
- Self-Esteem and Developmental Issues
- Grief and Loss
- Abuse and violence in relationships
- Stress Management
- Life Transitions and Adjustment Issues
- Career Guidance

## Approaches used include:

- Cognitive and Behavioural Therapy (CBT)
- Interpersonal Therapy (IPT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Interviewing
- Emotion-Focused Therapy (EFT)
- Behaviour Therapy
- Psychodynamic Therapy
- Existential Therapy
- Person-Centred Therapy (client-centred counselling)
- Solution-Focused brief Therapy
- Family/Systemic Therapy
- Group Therapy
- Mindfulness
- Play Therapy

## The benefits of counselling:

You may have tried to cope with your problems on your own but find it difficult. Counselling can help you develop the skills and strategies needed to make your life and/or relationship work.

Counsellors do not make judgements about the rights or wrongs of a situation. They listen, encourage you to talk openly and honestly about your concerns and help you reach your own decisions about the best way forward. Counsellors help uncover underlying issues and address them.

Counselling has one definite and clear purpose: to provide an opportunity for clients to work towards living in a way he or she experiences as more productive and satisfying.

## GP Mental Health Treatment Plan

Our counselling service provides psychological treatment to clients under the GP Mental Health Treatment Plan. A referral is required to access this service. Medicare rebates are available onsite to clients referred under this plan.

## Counsellor qualifications

Our team consists of Registered and Provisional Psychologists and Counsellors.

## Costs

Fees for our counselling service are based on a sliding scale according to income. We provide both a funded and private stream, dependent on one's financial circumstance.

We endeavour to make the service accessible to everyone and within the financial reach of the community.

## Booking an appointment

To make an appointment, phone 03 9354 8854 or email [relate@relatewell.org.au](mailto:relate@relatewell.org.au). Appointments are available Monday to Friday - morning, afternoon and evening.



## Fostering positive and meaningful relationships:

- We aim to foster an Australian culture which encourages the pursuit of quality and meaningful lives through quality and meaningful relationships.
- Helping individuals recognise that they have the potential to be the experts in shaping their future lives and in maintaining fulfilling and meaningful relationships also reduces the cost associated with relationship and family breakdown.

## RelateWell provides:

- counselling at an affordable and reasonable rate
- services to people regardless of social, cultural, religious or economic circumstance
- confidential services.

## Service Location

**Coburg** (Head Office)  
RelateWell Centre,  
Suite 102 (Level 1), 398 Sydney Rd

Appointments: Monday to Friday  
Our counselling services are available at various venues throughout metropolitan Melbourne.

## Contact Us

To learn more about our services, phone  
**(03) 9354 8854** or email [relate@relatewell.org.au](mailto:relate@relatewell.org.au)

To keep up to date with current programs and services, visit us at [www.relatewell.org.au](http://www.relatewell.org.au)

Keep in touch with us on **facebook/Family Relationships Institute Inc.** or subscribe to our e-newsletter via [www.relatewell.org.au/subscribe/](http://www.relatewell.org.au/subscribe/)



## RelateWell Counselling Services

*Providing psychological and therapeutic services to individuals, couples and families*

## Counselling aims

*'To assist individuals, partners and families, in all their diversity, to achieve and maintain quality and meaningful lives through quality and meaningful relationships'.*

RelateWell (Family Relationships Institute Inc.)  
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*'Specialising in Relationship, Marriage and Family Counselling and Relationship and Marriage Education at significant life stages' .*

Founded in 1978

