

# **DISCLAIMER**

The information contained within this document does not constitute medical advice or diagnosis and is intended for education and information purposes only. It was current at the time of publication and every effort is made to keep the document up to date.

The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

# Counselling

Counselling will vary from one person to another, as no one is the same or perceives life and life's problems in the same manner. Therefore, an eclectic client-centered approach is adopted which can sometimes take the form of: life coaching and goal setting, breaking old behavioural patterns, stress management and prioritising tasks, health and lifestyle issues.

Counselling sessions are generally about an hour in length and the number of sessions will depend upon the severity and type of problem identified.

**For more information or to make an appointment please contact us on (02) 9637 9998 during business hours.**