



**Providing Professional and Confidential Counselling Support to deal with:**

- Personal.
- Relationship.
- Family Issues.
- Trauma Issues.



APPLECROSS  
PSYCHOLOGICAL  
SERVICES

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## Assisting children, adolescents, adults, couples and families with:

- Age related difficulties.
- Alcohol and other drug issues.
- Anxiety.
- Assertiveness.
- Career counselling.
- Communication issues.
- Conflict.
- Depression.
- Relationships.
- Grief / loss.
- Harrassment and bullying in personal and professional situations.
- Motivation.
- Stress.
- Sexual assault / abuse.
- Self esteem.
- Trauma.
- Motor vehicle accident.
- Work cover.

## The Counselling Process:

Counselling provides the opportunity to talk with a qualified, independent, professional psychologist who can offer support for clients by assisting them to manage the challenges they are encountering in their personal or professional life, by identifying their strengths and giving them new perspectives on their problems.

## Appointments:

- Appoinments can be made without a referral however you will not be eligible for the Medicare Rebate.
- Monday - Thursday, 9am - 5pm.
- Appointments are of 50 minutes duration.



## Charter for Clients of Applecross Psychological Services

As a client of Applecross Psychological Services, you have a right to expect that:

- You will be treated with respect.
- Your consent for any service will be sought prior to the service commencing and as it progresses.
- You will receive an explanation about the nature and limits of confidentiality surrounding the service.
- You will receive a competent and professional service.
- You will recieve a clear statement about fees.
- You will be clear about the outcome that you and the psychologist are working towards.
- You will receive an estimate of the number of sessions required to achieve the outcome.
- You will receive a service free from sexual harrassment.
- You will be shown respect for you cultural background and language tradition.

