

You are not alone.
MY COUNSELLING AND ME

My Counselling and Me www.mycounsellingandme.com.au, is a counselling service for adults on a wide spectrum of life issues.



Grief and Loss Counselling

I provide friendly and safe counselling. I help people to: Work through their pain; Come up with practical strategies to manage suffering; and reframe memories so that they can think about their loved one without it being unbearable; Learn to enjoy life again. I provide Face-to-face and online sessions, including visiting clients.



General Counselling

Counselling can help support people whilst they identify and work through any issues they may have – including difficult life experiences or past problems that are impacting on present feelings or behaviours, such as:

- Personal relationship concerns (partner, family, friends)
- Work-related stress
- Feeling a lack of direction or purpose
- Confidence and self-esteem issues
- Harassment and bullying
- Burnout and fatigue

Quite often, it's not just one area of ones life that feels out of balance, but a combination of issues. People may be struggling with thoughts and feelings about themselves, their life direction, or relationships with others. Counselling is a practical, helpful way to prioritise concerns and work through them at their own pace.



LGBTIQ Counselling

I am proud to offer friendly and empathetic counselling, within a safe environment to members of the lesbian, gay, bisexual, and trans/gender diverse communities, including people who are intersex or identify as gender-queer, non-binary or gender questioning. I provide counselling that can help people to explore and process any concerns or fears they may have about their LGBTIQ identity.



Pet Loss Grief Counselling

The loss of a loved family pet can be as devastating and as emotionally intense as a loss of a person. As a passionate dog owner and lover and as a professional Grief and Loss Counsellor, I offer counselling for pet loss.

End - of - Life Counselling

Dealing with a life-limiting illness or condition can be both confronting and devastating. With a vast experience with end-of-life issues, including palliative care and advance care planning (ACP), including supporting individuals with Advance Health Directives or coping with Voluntary Assisted Dying (VAD); I provide an empathetic and diverse counselling approach to supporting people through their end-of-life journey or being confronted with someone they love, experiencing this journey.



My Approach

As a counsellor, I am here to work with and help people obtain the best results possible while working through any current issues or difficulties that they may be experiencing. Counselling is about helping people face and deal with what is current in their life in the best way possible, that is consistent with their values, beliefs and goals. I strive to support my clientele with relevant skills and strategies that will lead to preferred outcomes and tangible results.

I work with people who are feeling overwhelmed with circumstances life has thrown at them. I combine my counselling skills, palliative and critical care and advance care planning background and life experiences to help those being challenged by anything from coping with sudden onset of illness; grief and loss, through to sexuality, sexual identity and relationship difficulties. My passion for counselling is all inclusive. I work with individuals, couples, corporate and service providers. My specialty and passion is grief and loss and supporting people affected by life-limiting conditions as well as providing a safe space for the LGBTBIQ community to undertake counselling; in addition to general counselling.

I operate from the [Urban Massage Studio in North Perth](#) on a Monday and available on Saturday and Sunday either online or I can make home visits. Appointments are available by contacting me on 0401 596 497 or email me mycounsellingandme@gmail.com.

Fees: \$120/hour; Unfortunately no medicare or private benefit fund rebates are available.

