



UNLOCKING INNER PEACE

Triple C Counselling - Your Path to Healing

Are you struggling with anxiety, depression, or the aftermath of trauma? At Triple C Counselling, we understand that life's challenges can weigh you down.

That's why we're here to support and guide you on your journey by providing expert counselling and psychological support. With compassion, empathy, and evidence-based approaches, we are dedicated to helping you regain control over your life.

Take the first step towards a brighter future by reaching out to Triple C Counselling today. Your path to healing begins here.



Triple C Counselling acknowledges all Aboriginal and Torres Strait Islander Traditional Custodians of Country and recognises their continuing connection to land, sea, culture and community. We pay our respect to Elders past and present.



Triple C Counselling

Compassion.Connection.Calm.



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Suite 4, 1 North Street Batemans Bay
NSW 2536



Triple C Counselling

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Triple C Counselling is a counselling and clinical supervision practice located in Batemans Bay on the NSW South Coast.



Compassion, Connection & Calm

Triple C Counselling offers professional counselling and psychological support to people impacted by anxiety, depression, and trauma.

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ABOUT ME

Hi, I'm Michelle.

I'm an accredited mental health social worker, approved NSW Victims Services counsellor, registered Medicare Provider, and WorkCover (SIRA) accredited counsellor.

I have over 10 years' clinical experience working in government health services and not-for-profit organisations. I have worked in mental health, drug and alcohol and trauma-specific counselling services. Prior to this I was a paramedic for 21 years.

I have a kind, compassionate and calm approach to therapy and am down-to-earth, open, and honest. I work with people to help them look at what is happening in their life, understand its impact, and work out the best way to move forward.

I use evidence-based strategies including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Eye Movement Desensitisation and Reprocessing (EMDR).



SERVICES

Counselling

There is no one-size-fits-all approach to counselling. Michelle works with each client to develop an individualised counselling plan using evidence-based treatments.

Using an integrated approach, an individual program is developed with each client and is guided by their current concerns and goals.

Appointments are available in-person in Batemans Bay or Australia-wide via telehealth.



SERVICES

Clinical Supervision

Michelle offers individual clinical supervision to social workers.

Clinical supervision is an opportunity for you to talk to someone from outside your organisation about work and the various factors that influence and impact you personally and professionally.

Appointments are available in-person in Batemans Bay or online.



I am passionate about helping people.
If I can be of assistance to you,
please get in touch.

www.tripleccounselling.com.au