

We offer individual and relationship counselling as well as a range of specialised counselling services. Counsellors don't tell you what to do or judge you, nor do they encourage you toward a particular outcome. Counsellors encourage you to talk about what is happening for you and so that a plan of support can be developed.

## **Individual Counselling**

Talking with a counsellor can have many benefits. Depending on what you're seeking counselling for, counsellors can develop a plan of support that is specific to your needs. They can assist with a wide range of issues including depression, anxiety, stress, step-family challenges, separation, relationship difficulties, grief & loss and even be someone you can talk to when facing a big life decision. If you haven't tried counselling before, feel free to make an appointment without feeling like you have to keep seeing the person you had your appointment with. It's okay to try a number of different sessions with different counsellors until you feel you have found someone you can work with.

## **Family and relationship counselling**

Counselling can help families and couples;

- Understand the current relationship and how they feel about one another;
- Explore issues and challenges;
- Consider what each person is willing to do to work through the issues;

Counsellors are impartial and do not take sides. They are objective and listen to each person, providing support and guidance to help couples work through their issues.

The number of sessions will depend on what you are coming to counselling discuss. If you are concerned about the number of sessions you and your partner require, it is a good idea to discuss this with your counsellor at the first session.

## **Counselling for separating relationships and families**

Counselling for separating relationships and families can assist;

- Separating couples work through and resolve past issues and hurt;
- Identify how a separating couple wants their separation to look;
- Separating families make decisions in the best interests of children when considering or planning a separation;
- Families members address and work through issues whether they are parents and children, grandparents and grandchildren or siblings.

If you and your partner are considering separation or are in the process of separating, it is important to resolve the issues between you so that lingering feelings of hurt and anger don't keep each of you from moving on. It is helpful to resolve your relationship hurts so that past pain isn't carried into your next relationship. It is also helpful to plan how you would like your separation to look and what might be best for your children.

Positive Solutions is the Tasmanian branch of **Step-Families Australia** and can support;

- All members of step-families express their wishes, concerns and issues with a goal to a greater understanding and pathway for working together as a blended family;
- Step-family members gain support and practical strategies for managing step-family issues.

We understand that step-families face unique and complex challenges. Our specialist counsellors can work with all members of a step-family to consider, discuss and resolve step-family issues.

### **What's the cost?**

#### **Hobart**

Couples            \$100 per hour (Each person needs a confidential one-hour session with the counsellor before a joint Counselling session).

Individuals        \$80 per hour

#### **Launceston**

For couples and individuals, each person pays an hourly fee based on their income. \$1 per thousand dollars earned each year is converted into the hourly fee. If you earn \$50,000 per year, your hourly fee is \$50 per hour.

#### **Things to know before you call to make an appointment;**

- For couples and families, it is important you each have an individual confidential session before the counsellor arranges to have a join session.
- We try to make sure you and your counsellor are the right fit so we will ask a few questions to ensure we pair you with the right professional.

**To make an appointment call 03 6223 5612**