

Counselling

LifeWorks provides professional counselling, family dispute resolution, mediation and education for individuals, couples, families, children and adolescents. Our staff can help you with relationship, reconciliation, parenting, separation, divorce, remarriage, step-family and family conflict issues.

What is counselling?

Counselling is when people come to talk through difficulties or fears with a trained counsellor. It is just one way you can make changes in your relationships or in your life. The goal of counselling is to help people solve their problems and difficulties using their own personal strengths.

Will counselling be confidential?

As an organisation approved under the Family Law Act 1975 a counsellor cannot reveal what is said in a counselling session and cannot be called to give evidence in Court.

LifeWorks' confidentiality provisions are limited where there is a need to:

- Protect a child or children.

- Prevent or lessen a serious or imminent threat to life, health or property.

- Prevent the commission or likely commission of a crime.

- Prevent violence or a threat of violence to a person or property.

What should I expect?

For many people deciding to see a counsellor can be daunting. LifeWorks' counsellors understand this.

What kind of problems can you bring to counselling?

Managing a loss or bereavement. Personal growth and understanding. Communication difficulties.

Individuals or couples considering marriage. New parents facing change. People wishing to improve their parenting. Bringing up teenagers. Relationship difficulties, e.g. frequent fights, extramarital affairs, sexual worries, loss of intimacy. Separation or divorce issues. Adjustment to stepfamily arrangements. Violence in the relationship. Workplace problems, retrenchment or retirement.