



Counselling & Therapeutic Support

Supporting Emotional Wellbeing, Resilience and Participation

Sydney · Brisbane · Melbourne · In-home & Telehealth

Restore's Counselling & Therapeutic Support services provide a respectful environment where individuals can explore emotions, experiences, relationships and challenges affecting everyday life.

Support is individualised according to the person's age, communication needs, circumstances, preferences and therapeutic goals.

What we support

How it works

Who provides it

Enquire

Counselling May Support

- Emotional wellbeing
- Coping skills
- Stress management
- Adjustment to life changes
- Confidence and self-esteem
- Emotional awareness
- Relationship skills
- Interpersonal challenges
- Problem-solving
- Self-advocacy
- Resilience
- Family-related challenges
- Social participation

Counselling is not an emergency or crisis service

If you or someone else is in immediate danger, call [000](tel:000). For 24/7 crisis support, contact Lifeline on [13 11 14](tel:131114) or the Suicide Call Back Service on [1300 659 467](tel:1300659467).



How Does Counselling Work?

- 1 Initial Consultation**
We begin by understanding the individual's concerns, circumstances and goals.

- 2 Assessment of Needs**
The practitioner gathers appropriate information and determines whether the service falls within their professional scope.

- 3 Collaborative Goals**
Meaningful therapeutic goals are established.

- 4 Individualised Sessions**
Sessions use appropriate evidence-informed therapeutic approaches within the practitioner's qualifications and competence.

- 5 Practical Strategies**
Support focuses on developing skills and strategies that can transfer into everyday life.

- 6 Progress Review**
Progress and therapeutic goals are reviewed regularly.

- 7 Collaboration**
With consent and where appropriate, collaboration may occur with family members, carers or other professionals.



Who May Provide Therapeutic Support?

Depending on the service and participant's needs, practitioners may include:

Registered Psychologist

Educational pathways may include accredited undergraduate and postgraduate psychology education, such as:

- Psychology undergraduate study
- Honours or equivalent
- Master's-level professional psychology training
- Doctor of Psychology (PsyD/DPsych)
- PhD and applicable professional psychology training

Psychology services are provided only by professionals holding the appropriate Australian registration.

Counsellor

Possible educational backgrounds include:

- Bachelor's degree in Counselling
- Master's degree in Counselling
- Graduate Diploma in Counselling
- Psychotherapy
- Psychology
- Social Work
- Mental Health or related disciplines

Counsellors should work within their education, professional competence and scope.

Social Worker

Typical qualifying education includes:

- Bachelor of Social Work; or
- Qualifying Master of Social Work.

Social Workers may have additional experience in disability, mental health, family support, counselling and psychosocial intervention.



Behaviour Analyst / Behaviour Practitioner

A Behaviour Analyst may address behavioural skills, emotional regulation and coping goals when these fall within behavioural practice.

A Behaviour Analyst should not be represented as providing psychology services solely because of behaviour-analysis qualifications unless the individual also holds the required psychology registration.

Learn More / Enquire About Counselling

Talk with our team about therapeutic goals, practitioner scope and how counselling could support you or the person you care for.

Enquire About Counselling

Visit restoreaba.com.au

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