

Your first session

When your session begins your counsellor will ask you to complete some paperwork, which generally takes two or three minutes. The extent and limitations of confidentiality will be explained.

Sessions generally last between 50 and 60 minutes.

The first session is often an exploration of your situation and is a time when your counsellor will seek to gain a full understanding of what you want and how best you can be helped. A plan may be developed for subsequent sessions and you may be given 'homework' and offered appropriate reading material.

Later sessions

Generally weekly or fortnightly appointments will be offered initially. As you progress, your sessions may be spaced further apart so you have more time to practice your new empowerment skills.

Counselling relies on a strong inter-personal relationship and it is very important that you feel comfortable and at ease with your counsellor.

If for any reason you feel you have not made a good connection, please mention this to your counsellor. Your counsellor will be understanding and will discuss alternative arrangements, for example, offering appointments with another counsellor or one of the opposite gender.

Making an appointment

Appointments are made by phoning 1300 364 277.

When you first contact us, our client services workers will ask you for basic information such as your address, contact details and date of birth.

You will be asked the general reason for your visit and whether you would prefer a male or female counsellor. These questions are necessary in order for you to be matched with a counsellor most likely to meet your needs.

All client services workers and professional staff of Relationships Australia Tasmania have signed Oaths of Confidentiality and will not reveal your details outside the organisation.

Our fee structure will also be explained.

If you are seeking counselling for your children, we will see you first in order to provide the best service we can for your family.

If you are a couple and family violence is part of your circumstances, it is unlikely that you and your partner will be seen together at the first session: separate appointments will initially be made for both.

Need Help?

Counselling at Relationships Australia Tasmania may help you with life's challenges



Services are delivered from offices in Hobart, Launceston and Devonport and at regional locations throughout the state. For a full list please phone or visit our website.

Relationships Australia Tasmania offers family and relationship counselling as well as a range of specialist counselling services for individuals.

Family and relationship counselling

Counselling can help a couple to:

- understand the relationship they currently share
- rediscover why they were attracted in the first place
- find out what they now want from their relationship and from each other
- understand how they contributed to whatever their relationship has become
- discuss what they feel about each other now
- discuss what they are prepared to do to make this relationship work.
- develop and achieve individual goals for personal benefit as well as for the enrichment of the relationship

Individual counselling

Counselling can also help individuals develop healthy emotional lives through support, guidance and education. Personal counselling can assist with a wide variety of challenges such as depression, anger management or anxiety.

Counselling for separating couples

Counselling can also help people who are separating or divorcing. Common issues at this time are grief, sadness, confusion, anxiety and anger and our counsellors can help couples let go and move on with a new sense of purpose and optimism.

This includes looking at:

- how relationships change
- how to bear and manage grief
- what is the real value of anger
- what acceptance is and what it enables us to attain
- discovering a pathway for the separation
- learning to be 'single'
- becoming able to face the prospect of a new and sustaining relationship
- how to maintain respectful and effective parenting relationships

Counselling and working through the problems of separation with someone who has no involvement or investment in the outcome can help people get through this difficult time.

In reality, many people live happy, fulfilled lives following the end of a relationship. Many people choose to re-partner and many do not. There is no right way, except what works and is good for individuals.

How counselling works

Your counsellor will help you reach your own solutions. Counselling may focus on helping you unravel your situation and assist you to gain insights and perspective.

Your counsellor will listen to you without judgement. You will be heard, you will be safe and what you say will be held in confidence.

People often attend counselling feeling disempowered. Your counsellor will support you to gain a sense of control and direction and together you may develop and explore options for action.

Part of your counselling may include being offered specific skills, strategies and approaches so you can build a 'toolkit' to help you meet the challenges of your situation. It may also involve a referral to other services.

Counsellors don't make judgements on who is right or wrong, they don't tell clients what to do and they don't try to persuade people to stay together or to separate.

Relationships Australia[®]

TASMANIA

1300 364 277

tas.relationships.org.au