**Reclaim Your Well-Being with Expert Counselling**

Life’s challenges and traumas can sometimes feel overwhelming. At Dorfen Health Services, we believe in your potential to overcome obstacles and lead a meaningful, fulfilling life. As a highly qualified therapist and counsellor, my name is Adam Kreuzer, and I’m here to support you on your journey every step of the way.

**Why Choose Me as Your Therapist?**

**Comprehensive Expertise**

I bring a unique combination of skills and experience to my counselling practice, blending years of corporate leadership with a deep understanding of mental health. My background includes:

* Over a decade in corporate roles, specialising in leadership development, workplace culture, and HR strategy.
* Consulting experience with small to medium-sized enterprises, focusing on leadership coaching and employee engagement.

This foundation allows me to offer unique insights into the challenges faced by professionals and leaders, including work-related stress, burnout, and interpersonal dynamics.

**Extensive Qualifications**

I bring a solid foundation of academic and professional experience, including:

* Diploma of Counselling (Australian Institute of Professional Counsellors).
* Certified Adolescent Counsellor (Monash University).
* Postgraduate qualifications in Human Resource Management.

**Specialised Therapeutic Techniques**

At Dorfen Health Services, I use evidence-based approaches tailored to your individual needs:

* **Cognitive Behavioural Therapy (CBT):** Helping you identify and reframe unhelpful thought patterns.
* **Acceptance and Commitment Therapy (ACT):** Supporting you to embrace challenges while staying committed to your values.
* **Motivational Questioning:** Encouraging meaningful change by exploring your strengths and aspirations.

**Trauma-Informed Care**

As a trauma-informed counsellor, I understand the profound impact that trauma can have on mental, emotional, and physical well-being. Trauma-informed care means recognising the prevalence of trauma, understanding its effects, and creating a safe, supportive environment for healing.

This approach benefits clients by:

* Ensuring that therapy is sensitive to past experiences and avoids re-traumatisation.
* Helping clients build trust and safety in the therapeutic relationship.
* Empowering individuals to regain control, develop resilience, and move forward with confidence.

Whether you’re dealing with childhood trauma, grief, or life-altering events, I’m here to help you navigate your journey towards healing and recovery.

**A Unique Counselling Approach**

I take a person-centred approach to therapy, creating a safe, confidential, and supportive environment where you can openly explore your concerns. My goal is to empower you to:

* Navigate and heal from trauma.
* Develop resilience and coping strategies.
* Improve relationships and communication.
* Achieve personal growth and fulfilment.

Whether you are seeking support as an individual or as a couple, I am experienced in addressing a variety of challenges, including relationship dynamics, communication breakdowns, and emotional well-being. Together, we will work towards fostering stronger connections and healthier relationships.

**Modern and Trusted Counselling Practice**

Based in Frankston Victoria, Dorfen Health Services is a full-service counselling practice dedicated to supporting individuals across various life stages. Our focus is on delivering impactful results through tailored, individualised therapy that addresses your unique challenges.

**Online Counselling for Your Convenience**

All sessions are conducted online via Zoom, enabling me to reach a broader audience nationally while keeping sessions cost-effective. This flexible approach allows you to access high-quality counselling from the comfort of your own home, wherever you are located.

**Take the First Step Today**

Your journey to well-being starts with a conversation. Whether you’re seeking to overcome trauma, manage mental health challenges, or navigate life’s transitions, I’m here to support you.

**Contact Adam Kreuzer, Practice Owner and Lead Therapist, to schedule your consultation.**

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