Options Counselling

Professional and confidential service

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| Today you are one step closer to a new you where you feel empowered and on a positive path to well-being.  My goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life.  We will unearth long-standing behaviour patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.  If you're looking for extra support and guidance through a challenging situation or you're just ready to move in a new direction in your life, I look forward to working with you to achieve your goals |

Services

Abuse

One of the main characteristics of an abusive relationship is control, when one person is doing something to control the behaviour of the other and it becomes entrenched. This can be done by force or manipulation – both control the other’s behaviour. Often there is an abusive pattern for one or both partners from their backgrounds, abusers have often been victims themselves.

Couples & Family Counselling

Most, if not all intimate relationships will experience difficulty at some point and if you and your partner are experiencing problems in your relationship, be assured that your relationship is not abnormal. However, if the problems in your relationship are persistent and/or affecting your quality of life, we would recommend that you seek therapy.

Depression and Anxiety Disorders

Depression and anxiety are nothing to be ashamed of. We sometimes have bouts of anxiety or depression that we recover from fairly quickly. At other times it lingers on for what feels like forever. Some people experience anxiety or depression as a recurring theme in their lives while for others it is more like a short-lived stage. Counselling can help with both.

Eating Disorders

Counselling provides hope and a deeper level of understanding for people with eating issues – whether you identify as struggling with emotional eating, binge eating, bulimia, anorexia or body image issues, I can help you.

Grief Counselling

While bereavement is certainly one of the most difficult situations we will ever face, we can also find ourselves struggling with grief and loss in other circumstances, particularly in life transitions eg. job loss, diagnosis of illness, miscarriage, inability to have children, divorce.  
It is natural to feel upset and struggle to cope with daily life in any of these situations, but if you are feeling “stuck” or the symptoms have continued unabated for some time, it is a good idea to seek professional help.

Weight loss management

Traditional weight loss programs have up to an 80% failure rate, and may actually lead to rebound weight gain. Restrictive diets that rely on willpower and denial, fail to manage the emotional aspects that can lead to overeating and weight gain and leave us ‘feeling like a failure’ and ‘giving up’.

It is now well recognized that psychologically focused treatment for weight loss significantly increases weight reduction, particularly in relation to ‘behavioural fatigue’, weight loss sabotage (by self and others), stress, and self-esteem issues.

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|  |  | [Company Name]  [Address, City, ST ZIP Code]  [Telephone] | [Email Address] | [Web Address] |