



About Counselling

When dark clouds are hiding your rainbow, Radiance Counselling is here to help!

- ◆ Looking for more out of life?
- ◆ Want better ways to cope?
- ◆ Need help to move through difficult times?

What is Counselling?

Counselling is a way of dealing with problems by talking them over with a counsellor. Your counsellor will listen to you and give you full attention. Sometimes, an understanding ear is all that is needed.

Counsellors will teach you new skills, show you new ways of looking at things and help you find solutions. When I meet with you, we will work together to achieve the best outcomes.

Why should I come to Counselling?

Clients come to counselling for many reasons. You might have a problem you just can't quite cope with by yourself. It may be a vague feeling that something is not right and you want to talk it over. Maybe you want to develop more self-awareness, understand your feelings, or try new things.

You may want to explore your world-view, take a new direction or get more satisfaction out of life. Or improve your relationships or self-confidence. Counselling helps with these and similar problems.

If you're feeling anxious or stressed, having a hard time or something unexpected happens, counselling can help. If you've lost a loved one or a job, received bad news or there's a serious illness in the family, counselling will help you manage the change and deal with the stress.

Some clients want help with mental health or wellbeing problems. Counselling can help you manage and recover from many problems, including: abuse, addictions, anxiety, depression, grief, panic attacks, phobias, relationship problems, stress and trauma.

Some people feel anxious all the time but don't know why. Coping with life-changes and milestones, such as children leaving home, menopause or a parent dying may bring you to counselling.

In fact, any problem relating to how you are feeling or thinking is a reason to visit a counsellor. They will soon let you know if they can help you, and if not, point you to someone who can.

What happens at Counselling?

You will be treated with respect and professionalism. We will explain the guidelines of counselling and listen to your concerns. Together, we will explore the best way of dealing with them. There may be activities to do outside sessions to achieve the most benefit.

We want to help you find the happiness you desire. If you think counselling will help you manage problems or get more out of life why not give us a call? Contact us below for more information or to arrange your sessions. You can also book a session on-line via the booking calendar.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radiancehobart.com.au

PO Box 907, Sandy Bay, TAS 7006
Website: www.radiancehobart.com.au