



Wajan Hale

Individual and Relationships Counselling

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Informed Consent and Professional Disclosure

Thank you for your interest in working with me.

I would like to take this opportunity to introduce myself. I am a qualified counsellor with twelve years experience and a long term Clinical Member of the Psychotherapy and Counselling Association of Australia. As well as generalist counselling I am skilled in working with grief, family carers, work place issues and long term therapy. I specialise in couples therapy and I practice a modality known as Emotionally Focused Couples Therapy.

My way of working is to provide a safe space to respectfully support you to explore and heal the issues that are important to you. This can include practical strategies as well as psycho-education, mindfulness and other psychotherapeutic strategies. I prefer to provide safe and committed therapy with a minimum of 6 sessions. Counselling is available in person, via zoom or phone.

Your First Appointment

We will spend most of the time exploring your situation and the nature of the assistance you might need. We will work out a plan that is in your best interest moving forwards. If we decide to work together, I will advise as to the number of sessions needed to achieve your objectives. This is usually a minimum of 6 sessions.

For couples counselling, each individual has their own session (generally between 1-3 individual sessions) and then we move into joint session. If we decide to work together we start with a commitment to 6 sessions.

Some clients need only a few counselling sessions to achieve their goals; others may require months or even years of counselling. As a client, you are in complete control and may end our counselling relationship at any time, though a termination session is highly recommended.

Location:

Zoom: 3567331765/329125

In person: Gregory St Psychology, 16a Gregory St, Sandy Bay

The nature of counselling

My personal and professional experience is that counselling supports us to make positive change in our lives. But the process of change can bring up various emotions and at times in the counselling process you may feel these emotions deeply.

Confidentiality

The counselling space is a fully confidential space where you can speak and share freely. I am required by law to breach confidentiality if there is danger to yourself or others in particular minors, or if legally mandated by court.

Ensuring Therapeutic Quality

I am committed to providing the highest quality of therapeutic care possible. To ensure the quality of the therapeutic care I offer, I undertake regular supervision. This involves me discussing my deidentified cases and best practice, with more experienced therapists who are leaders in their field. My current supervisors are based in Brisbane and Canada.

For the purpose of supervision, I regularly record/film my counselling sessions. This is only done with your written and verbal agreement.

Prices:

Individuals

\$165 per hour

Couples

\$195 for 1 hour and 15 minutes.

A commitment to 6 sessions is recommended

Longer sessions: By negotiation

Full payment is required to hold/confirm your appointment time.

Payment

Full payment is required when booking.

Cancellation

If you need to cancel or change an appointment please give me as much notice as possible. **50% of the full fee is due if you fail to cancel an appointment less than 48 hours in advance.** Thank you for your understanding.

By reading this and booking your online counselling session you declare that you have read and understood the limits to confidentiality and the nature of counselling, and that any questions you have in relation to the points discussed in this form have been clarified to your satisfaction.