

- *Are you depressed, anxious or suffering from a lack of self-esteem?*

- *Have you been feeling lonely, hurt, confused or fearful?*

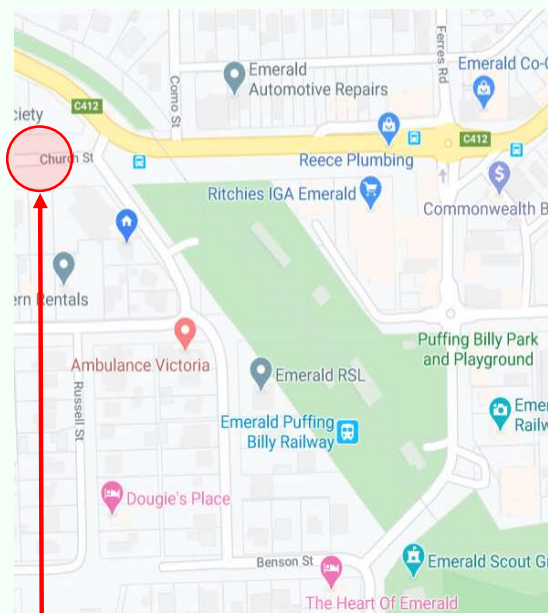
- *Healing takes time, and asking for help is a courageous step*



*Lets work together to achieve a better future for you and your wellbeing*

***Counselling integrates psychology, spirituality, and compassion.***

**Main office location:-**



**Appointment only please**

**5 Church Street  
Emerald VIC 3782**

*Additional meeting rooms also available in Berwick.*



## **Counselling Services**

- *Individuals, couples or families*
- *Bereavement counselling*
- *Specialist in eating disorders & body image*
- *Online consultations*



**Tel:** 0401 324 468  
**Email:** [sjcounselling44@gmail.com](mailto:sjcounselling44@gmail.com)  
**Web:** [www.sjcounselling.com.au](http://www.sjcounselling.com.au)



*Sandra J Beltran*

**Specializations:**

**Individuals**

**Couples**

**Families**

**Eating Disorders**

**Body Image Issues**

*All clients are treated with respect, empathy and without judgement.*

*Confidentiality is strictly adhered to.*

## **Eating Disorders**

*A significant amount of my training has been focussed on eating disorders, namely;*

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating

*These disorders are not as rare as you might think and frequently misunderstood, early intervention is helpful. Full recovery is quite possible. All age groups can be affected, different backgrounds and male or female.*

*Treatment is not the same for everyone and may require a combination of treatments and therapies to overcome.*



## **Professional qualifications:**

- ✓ Completed a four-year program of studies with the Australian Institute of Family Counselling (AIFC). Diploma of Counselling and Advanced Diploma of Counselling & Family Therapy.
- ✓ Qualified clinician in eating disorders through Australian New Zealand Academy of Eating Disorders (ANZAED) and the National Eating Disorder Collaboration (NEDC)
- ✓ Accredited counsellor with the Australian Counselling Association Inc. (ACA) - Level 1.
- ✓ All training is fully accredited through the Psychotherapy and Counselling Federation of Australia (PACFA) and ACA.