



... meaning "Voice" in Hindi, hopes to bridge the language gap in counselling services



Culturally Informed & Multilingual Counselling Support Program

Counselling is twice as effective when feelings and emotions can be articulated in the native language.



Why seek counselling support in native languages?

- All emotional experiences in early childhood are developed in the native language.
- Most feelings are coded in the native language so when stories are retold in a non-native language, the essence of experiences is often lost in translation.
- One can express themselves without hesitation and without having to struggle for the right words.
- A shared cultural background helps establish a deeper connection with the therapist.

Program Highlights

Languages Available: English/ Hindi/ Punjabi/ Urdu/ Marathi/ Gujarati

Peer Support Groups

Information/ Psychoeducation Handouts in multiple languages

Art Therapy Groups

Culturally Informed Counselling

Face-to-Face & Online Appointments

Nidhi Khanna

Accredited Counsellor & Psychotherapist
PACFA Certified

Specialising in

- Stress, Anxiety & Depression
- Trauma, Grief & Loss
- Members of the community who are:
 - culturally & linguistically diverse
 - victims/ survivors of Domestic Violence
 - immigrants, refugees, & asylum seekers
 - carers
- Peer Support Group Facilitation

Contact:



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The Thrive Realm



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