

## COUNSELLOR/PSYCHOTHERAPIST

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We all encounter difficult or challenging situations and experiences in our lives.



Sometimes, in order to resolve our distress, we may need more skill and understanding than our usual support networks provide. At other times we may simply want an opportunity to better understand how to live a more balanced and meaningful life.

I am an experienced and qualified practitioner with many years in private practice overseas and in Australia.

My work centres around individuals, couples and families, including inter-generational, and focuses on developing a better understanding of how our primary relationships, behaviours and attitudes shape us as individuals; impact on who we choose as partners and friends; and the diverse and complex ways these perceptions colour and impact on our lives.

I have had extensive experience working in cross-cultural, multicultural and interfaith communities and organisations in Indonesia, Africa, Pakistan, India and Africa.

Some of the issues I work with include:

- Family/Couple Relationships
- Parenting
- Grief and loss
- Anxiety
- Self-esteem
- Depression
- Eating disorders
- Self-harm
- Alcohol and drug use
- "Life" concerns, i.e. loss of direction or purpose, mid-life crises
- Sexuality

If you would like to make an appointment, or discuss your concerns please contact me on 0819 362 33241

Kate Bean