

Benefits of counselling:

- ◆ Experience the feeling of relief in talking confidentially to another person.
- ◆ Receive non-judgemental, responsive, and constructive feedback.
- ◆ Control what you discuss and the pace at which you want to work.
- ◆ Plan workable steps to the changes you want to make.
- ◆ Receive support as you implement your plan.
- ◆ Counselling can raise uncomfortable feelings and memories. I will help you safely work through any difficult patches.
- ◆ You are not tied to a set number of sessions. You can take a break and return when you are ready to resume or when a new challenge requires assistance.
- ◆ Even one small change can have a huge effect on our confidence and effectiveness.
- ◆ A single session can sometimes be enough to get you "unstuck" on a problem or decision and get you moving again.

I specialise in:

- ◆ Addiction and dependence: alcohol, drugs, gambling, bingeing
- ◆ Couples and relationships,
- ◆ Men's Issues, anger,
- ◆ Depression, Anxiety,
- ◆ Post-traumatic Stress, trauma, Sexual abuse
- ◆ Grief & Loss
- ◆ Decision making
- ◆ Personal and emotional Issues.

*Medicare Rebates

Generous rebate available with doctor's referral (Item 2710) for six to twelve sessions.

Rooms in:

Melbourne CBD (Prov. 2623217X)
Suite 2, Level 1, 253 Swanston Street

Burwood East (Prov. 2623213A)
323 Blackburn Road

Telephone:

Mobile 0405 107 476

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Talking Makes a Great Start[©]



JOHN HUNTER

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Bach. Soc. Work (Distinction)
M.A.A.S.W. (Accredited)
M.A.C.A. (Clinical)

Medicare Provider of Counselling (Better Access)

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Why Counselling?

We can sometimes be troubled by a thought, feeling or habit that won't let go. Such experiences are as common as they are painful and exhausting. Talking to friends and family is not always possible because of embarrassment or for fear of causing hurt and damaging a valued relationship.

As a professional, qualified and experienced counsellor, I will listen without judging you and give you objective feedback. I will help you explore issues and emotions in a safe, confidential environment. Releasing feelings such as sadness, anger, guilt and fear will free you to begin working on problems more constructively and with renewed clarity.

How long will it take?

One or two sessions are sufficient in some cases; others may take five or more. You decide how much work you want to do and can cease or take a break from counselling any time you wish. If a referral is indicated, I can assist with the process.

Medicare Rebates for Counselling.

If your doctor refers you under Medicare's Better Access to Mental Health initiative (Item 2710), you will be entitled to an initial six sessions with a generous rebate. Your doctor may then authorise another six sessions with the same Medicare rebate. In special circumstances, more sessions may be provided although this is unusual and rarely necessary.

About John Hunter

I am a qualified, experienced mental health social worker and counsellor (post-graduate Bachelor of Social Work with Distinction), an accredited member of the Australian Association of Social Workers (AASW) and a clinical member of the Australian Counselling Association (ACA). I hold a Certificate in Professional Mediation, a Diploma and Graduate Diploma in Education (Multicultural Studies) am a state registered teacher.

Areas of Specialty

My specialties include alcohol and other drugs, relationships, depression, anxiety, men's issues, sexual abuse, post traumatic stress, decision making, and personal and emotional issues.

Experience

As well as working in private practice, I am employed part-time by a drug and alcohol agency and have many years of experience in this field. Previous counselling experience is in hospital, community rehabilitation and aged care. Earlier in my life I worked in office, retail, factory and construction positions and am a returned serviceman (Vietnam).

Approaches Used and solution future

I combine cognitive behavioural therapy (CBT) and psychodynamic theory with a non-blaming, collaborative approach with clients. I am largely future-oriented and solution focussed and conduct short and longer term therapy as required.

My Practice philosophy

I believes people are generally doing the best they can and have a good, sometimes hidden, understanding of what they need to do and what will work best for them. I see much of my role as helping people cut through their confusion and stifled emotion to obtain the clarity they need to set goals and achieve the changes they want to make in their lives.

Fees (at June 2008)

- Fees per 55 minute session are \$100 for individuals and \$120 for couples.
- Extended sessions are available on request.
- Where applicable, the Medicare refund is approximately 70% of the fee for individuals.

Cancellation and Report Costs

24 hours notice of cancellation of appointments is generally required or the full fee may be charged. Where possible a courtesy SMS text is sent to remind you of your next appointment.

Letters of Attendance & Reports

Letters of attendance are generally provided free on request. The fee for reports is based on preparation time.



What Now?

If you believe counselling can help you or someone in your life, or if you just want to know more about counselling with John Hunter, please telephone or E-mail me. If I am unable to take your call, a brief message with your name and a contact number will ensure my earliest possible reply. All enquiries are treated with respect and are cost and obligation free.

For the latest information and details visit:

www.johnhunter.net.au

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