

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.
- ◆ Be supported as you implement your plan.
- ◆ Access the number of sessions you choose.
- ◆ Take a break and return to counselling when you are ready to resume or if circumstances change.

More about counselling:

- ◆ A single session can sometimes be enough to get you "unstuck" on a problem or decision and get you moving again.
- ◆ Counselling can raise uncomfortable feelings and memories. I will help you safely work through any difficult patches.
- ◆ Feel free to call to discuss any questions you may have regarding counselling. There are no "silly" questions.

I specialise in:

Addiction and dependence:
alcohol, drugs, gambling, bingeing

Couples and relationships,

Men's Issues

Depression

Anxiety

Post-traumatic Stress

Trauma

Sexual abuse

Grief & Loss

Decision making

Personal and emotional Issues

Rooms in:

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

Burwood East
323 Blackburn Road
(Prov. 2623213A)

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

Mobile: 0405 107 476

Tel: (03) 9539 2200

E-mail: john@johnhunter.net.au
Web: www.johnhunter.net.au

Talking Makes a Great Start ©



JOHN HUNTER
Mental Health Social Worker
Provider 2623217X, 2623213A
Bach. Soc. Work (Distinction)
M.A.A.S.W. (Accredited)

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. Sessions are normally one hour in length but extended sessions are available on request.

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 up to 10 sessions with a generous rebate.

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). I hold a Certificate in Professional Mediation, Diploma and Graduate Diplomas 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 have many years experience in the field of drug and alcohol counselling. Previous counselling experience is in hospital, as well as counselling in 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 believe 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

Fees for all services are set well below the AASW recommended level.

Letters of attendance are generally free of charge. A fee based on preparation time and copying costs is charged for reports. Law firms requesting reports will be asked to pay before delivery.

Fees (continued)

Medicare rebates apply for individuals with the relevant referral from a general practitioner or psychiatrist.

Cancellation

24 hours notice of cancellation of appointments is usually required or the full fee is charged. Where possible an advance courtesy SMS text is sent to remind you of your next appointment.

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 on services and fees please visit <http://www.johnhunter.net.au>

Contact:

John Hunter
Counselling Social Worker

CITY
Suite 2, Level 1, Lonsdale Street

BURWOOD EAST
323 Blackburn Road

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Landline (03) 9539 2200
Email: john@johnhunter.net.au
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