



Rebecca Evans
Counselling & Psychotherapy



Rebecca Evans Counselling & Psychotherapy Services and Client Information

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About me

Practicing from convenient locations throughout the Sunshine Coast for both local and international clients, I offer Counselling, Psychotherapy and Clinical Consultation to Private Clients, Professionals and Organisations. I am an Approved, Registered Counsellor & Psychotherapist for various Health Insurance Providers, Medibank Private, BUPA and multiple Employee Assisted Programs (EAP's). I hold Clinical Registration with the Psychotherapy and Counselling Association of Australia (PACFA) and am a Registered Member of the British Association of Counselling and Psychotherapy (BACP).

My experience includes many years in private practice located in Hampshire UK, London and Australia working with a diverse range of private clients, professionals, Education providers, Employee Assistance Programmes (EAP's), General Practitioners (GP's) and Insurance providers both locally and internationally.

I have worked with linguistically and culturally diverse client groups throughout Queensland, London and the UK within a range of settings including Laurel Place, Mind, NHS, Young People's Counselling Services and 1 Community. During this time I have gained enormous insight and experience working with children, adolescents, adults, couples and families. Please feel free to contact me for further information.

"I am here to help you. With my help you can begin to bear what you think unbearable".



Rebecca Evans International Counsellor & Psychotherapist
BA (Hons), PACFA Reg.Clinical. Reg.MBACP



Table of contents

About me	ii
1. What is Counselling and Psychotherapy?.....	5
2. Online Counselling and Psychotherapy	6
3. Individual Counselling and Psychotherapy	8
4. Marriage and Relationships	9
5. Families and Parenting	10
6. Children and Adolescents	11



| 01

Counselling and Psychotherapy

1. What is Counselling and Psychotherapy?



Benefits of Counselling and Psychotherapy

Rebecca Evans Counselling & Psychotherapy is a Sunshine Coast -based practice that offers holistic counselling and psychotherapy to adults, couples, adolescents, children and families. I provide therapy to people of all ages, genders and gender expressions, sexualities, and cultural backgrounds. Counselling and psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, providing strategies and tools to work towards mental and emotional wellness. Through counselling, you can

learn skills and build inner resources that you will be able to take away with you and use for the rest of your life. Counselling can also involve various other ways of communicating if you do not feel comfortable talking, such as expressive therapies (for example, art or play) and mindfulness. We will decide together which approach would feel most comfortable and work best for you.

A Psychotherapist is a highly trained professional and engages a person or group in a process of working together to build understanding and acceptance of how the person makes meaning of their life. Together we can create life giving solutions to problems past and present.

As a psychotherapist I won't advise you, instead help you to find your own way of making sense of things and will accompany you on your own very unique journey towards living your life more fully. I offer a confidential service in comfortable and discreet locations including online providing short and long term, face to face, telephone and Skype counselling and psychotherapy and will personally tailor sessions to the needs of each individuals, couples or Groups. I offer daytime, evening and weekend appointments



2. Online Counselling and Psychotherapy



Benefits of Online Counselling and Psychotherapy

The recent outbreak of COVID-19 has created uncertainty with the way we live our lives. Uncertainty for many, can manifest itself as anxiety. Counselling and Psychotherapy is a powerful tool for managing our mental health and social distancing does not have to restrict taking care of ourselves. Online counselling is the same process as in-person therapy. Instead of talking in the same room, you engage in the therapeutic process using your computer, tablet or phone.

Using the internet for counselling and psychotherapy is a great use of modern technology and the internet whilst offering significant benefits of flexibility. Counselling and psychotherapy delivered online is fast becoming an internationally accepted alternative to face to face therapy and makes it easy for you to engage in counselling no matter where you live in the world.

As a Counsellor and Psychotherapist, online counselling allows me to reach clients across the globe unconstrained by international borders. I hold regular appointments with clients across Asia Pacific, Europe and the Middle East providing clients flexibility whilst retaining the visual element of face to face counselling and psychotherapy. Online counselling is convenient and an alternative to face-to-face sessions, with all the benefits of traditional therapy. Clients can often feel more relaxed and comfortable in their own environment.





|02

Client Information and Services

3. Individual Counselling and Psychotherapy



How Counselling and Psychotherapy can help

Counselling and Psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, and providing strategies and tools to work towards mental and emotional wellness. Through therapy, you can learn skills and build inner resources that you will be able to take away with you and use for the rest of your life. Counselling and Psychotherapy can also involve non-verbal ways of communicating if you do not feel comfortable talking, such as expressive therapies such as art or play and mindfulness. I provide individual counselling and psychotherapy to adults, adolescents and children for a range of issues, including:

Abuse,
Addictions,
Affairs,
Anger Management,
Anxiety / Panic Attacks,
Attachments,
Bullying,
Bereavement, Grief
Change,
Confidence,
Communication
Cultural Issues, Identity
Depression,
Dilemmas,
Divorce
Domestic Violence

Impact of Step-Families,
Life Transitions,
Loss,
Parenting,
Personal Development,
Relationship Issues,
Retirement,
Self-Confidence, Self-Esteem,
Self-Harm,
Separation or Endings,
Sexuality,
Sexual Abuse,
Social, Behavioural concerns
Stress, Trauma, Trust,
Work Related Issues

4. Marriage and Relationships



How Counselling and Psychotherapy can help

I provide support for couples who are experiencing challenges in their relationship, or who want to enhance their relationship. Counselling and psychotherapy can provide a safe and neutral space for both partners to feel comfortable sharing their concerns, learning new ways to communicate, connect and strengthen their relationship with themselves and each other.

In this non-judgmental environment, I maintain a balanced approach: Each person in the couple is able to have their perspective listened to in an empathic and respectful way, facilitated by myself. Through exploring the dynamics of the relationship, and sometimes each individual's family-of-origin relationships, couples can gain insight into their emotional regulation patterns, themes of conflict and relating to each other, and obtain a deeper understanding of their concerns and ways to move forward that feels comfortable for each person.

Sometimes it can be helpful to attend individual counselling first, to have the opportunity to focus on your own concerns in depth before exploring issues with your partner. Another way people can benefit from a couples session is if you have been attending therapy for support with personal difficulties that may be impacting on your relationship. You may feel like it could be helpful to have your partner attend a session or two so that you can guide your partner around how to support you. Some of the common issues that emerge in relationships that can be supported in therapy include:

Adjustment to changes:
Living together, Marriage,
Children, Working away,
Roles, Finances or Trust.
Anxiety
Communication
Conflict Resolution
Depression
Disengagement from the
Relationship

Grief and Loss
Intimacy
Managing relationships with
partner's family or extended
family
Mental Health
Parenting
Role Conflict
Work-life-family balance

5. Families and Parenting



How Counselling and Psychotherapy can help

Parents and caregivers often bring their child to therapy for emotional, social, and behavioural support. Working with children often involves working with their caregivers and their families to ensure sustainable therapeutic results. There are many benefits of counselling and psychotherapy for children and their families. Therapy can assist parents and children to learn new skills and ways to communicate in the family, build emotional regulation, and facilitate positive emotional changes within a safe, expressive, and contained environment.

Our development begins from the moment we are created, born, and from the experiences we have had with our own caregivers. Being a supportive and insightful parent begins with understanding your own attachment with your caregivers and how this has impacted on you throughout different stages in your life. Your relationship with your child and the way that you respond or react to them can significantly impact on their emotional regulation as well as their behaviour. I offer support to children, adolescents parents and families with concerns relating to (and not limited) to:

Abuse, Addictions,
Anger Management,
Anxiety / Panic Attacks,
Attachments,
Behavioural Difficulties
Bullying,
Bereavement,
Change,
Confidence,
Communication
Cultural Issues,
Depression,
Dilemmas,
Divorce
Domestic Violence
Grief
Identity

Impact of Step-Families,
Life Transitions,
Loss,
Parenting,
Personal Development,
Relationship Issues,
Retirement,
School Refusal
Self-Confidence, Self-Esteem,
Self-Harm,
Separation or Endings,
Sexuality,
Sexual Abuse,
Sexualised Behaviour
Social, Behavioural concerns
Social Skills
Stress, Trauma, Trust

6. Children and Adolescents



How Counselling and Psychotherapy can help

For Children I provide one-to-one counselling sessions to work through concerns and learn effective emotional regulation strategies. Occasionally I work closely with you as the parent and facilitate a child centred approach empowering your child to utilise strategies learned in sessions so that skills can be translated from the counselling context to home and school. I effectively engage children and young people in therapy and have extensive training and experience working with children and families.

Throughout adolescence, a young person will experience change: physically, cognitively, emotionally, and socially. There can be many challenges, leading to feelings of confusion, frustration, loneliness, anger, sadness, shame and anxiety, not only for the adolescent but also for the family. Addressing any emerging mental health concerns through holistic counselling support during this time is paramount for the young person to learn how to effectively manage stressors and transition into adulthood.

I provide support to children, adolescents and families with concerns relating to (and not limited to):

Abuse, Addictions,
Anger Management,
Anxiety / Panic Attacks,
Attachments,
Behavioural Difficulties
Bullying,
Bereavement,
Change,
Confidence,
Communication
Cultural Issues,
Depression,
Dilemmas,
Divorce
Domestic Violence
Grief
Identity

Impact of Step-Families,
Life Transitions,
Loss,
Parenting,
Personal Development,
Relationship Issues,
Retirement,
School Refusal
Self-Confidence, Self-Esteem,
Self-Harm,
Separation or Endings,
Sexuality,
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Sexualised Behaviour
Social, Behavioural concerns
Social Skills
Stress, Trauma, Trust

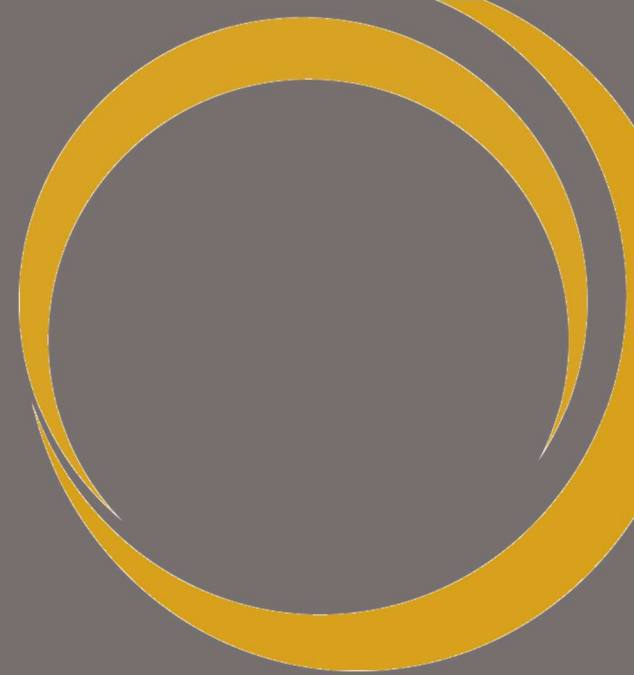


“Counselling and Psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, and providing strategies and tools to work towards mental and emotional wellness”



Rebecca Evans

Counselling & Psychotherapy



bacp | Registered Member
103703
MBACP

Advanced Wellness Behavioral Centre,
88 Maud Street, Maroochydore, Queensland 4556
Tel: +61 (0)404 811 761
info@rebeccahevanscounselling.com
www.rebeccahevanscounselling.com

Circle Wellness Clinic
4/247 David Low Way, Peregian Beach QLD 4573 Tel:
+61 (0)404 811 761
info@rebeccahevanscounselling.com
www.rebeccahevanscounselling.com

