



# WIMMERA COUNSELLORS DIRECTORY 2014

**Last Updated February 2014** 

PO Box 501, 25 David Street

Horsham VIC 3402

Ph: (03) 5362 1222

Email: pcpadmin@grampianscommunityhealth.org.au

www.wimmerapcp.org.au

This Wimmera Counsellors Directory is an initiative of the Wimmera Primary Care Partnership (WPCP) Counselling Working Group, with co-operation from the Wimmera Counsellors Group.

The WPCP aims to improve the health and wellbeing of their catchment's population by better co-ordination of planning and service delivery in response to identified needs. For more information on WPCP go to <a href="https://www.wimmerapcp.org.au">www.wimmerapcp.org.au</a>

A regularly updated version of this document will be available on the WPCP website or you can obtain a copy by emailing a request to <a href="mailto:pcpadmin@grampianscommunityhealth.org.au">pcpadmin@grampianscommunityhealth.org.au</a>

Should you wish to have your details as a counsellor included in this directory or make changes to existing details, please complete the forms at the back of this document and fax to (03) 5382 4687 or email them to <a href="mailto:pcpadmin@grampianscommunityhealth.org.au">pcpadmin@grampianscommunityhealth.org.au</a>

For links and a referral mechanism to health and community services within different municipalities around Victoria go to the Health and Community Services Directory at <a href="https://www.connectingcare.com">www.connectingcare.com</a>

#### Disclaimer:

The Wimmera Primary Care Partnership wishes to advise that this directory is correct at the time of printing. In the preparation of this document, no judgement has been made in regard to listed professionals Qualifications or competencies.

# How do I choose a Counsellor?

#### **How Do I Choose A Counsellor?**

It is easy to be confused by the various titles and jargon associated with counselling services. Below are brief explanations, in very general terms, of what some of these names mean to help you decide which service is best for you. Remember, you are perfectly entitled to ask a counsellor for further information on their Qualifications, techniques and areas of specialisation. The most important thing is that you experience a good connection with the counsellor, whatever their training or title.

**PSYCHOLOGISTS** have usually gone through several years of undergraduate and post graduate training in human behaviour. They use a range of psychological interventions to treat less severe mental illnesses and psychological distress. They sometimes are confused with psychiatrists who are actually medically trained and usually work with more severe mental illnesses and prescribe medication. In Australia, qualified psychologists are usually members of the Australian Psychological Society and hence use the acronym MAPS.

**SOCIAL WORKERS** have a broad training, including practice in a variety of counselling techniques. They tend to focus on a client's total situation, such as their living environment, in addressing problems or crises. They will often offer family therapy. In Australia, qualified social workers usually hold a Bachelor of Social Work (BSW) and are members of the Australian Association of Social Workers (AASW).

**COUNSELLORS** who are not psychologists or social workers usually have formal training also. The training may be university degrees (e.g. in human behaviour and counselling), in general counselling (e.g. Diploma of Professional Counselling), or more specific fields (e.g. Gestalt Therapy; Expressive Therapies). Many counsellors in the Wimmera region have completed a Diploma of Welfare Studies and are therefore also known as **WELFARE WORKERS**. Most counsellors are members of a professional organisation such as the Australian Institute of Welfare and Community Workers (AIWCW) or Australian Counselling Association (ACA).

Some counsellors may call themselves **PSYCHOTHERAPISTS**. Counselling and psychotherapy both refer to psychological therapy, although psychotherapy is likely to be more in-depth than some forms of counselling.

# **List of Agencies Providing Counsellors**

**Wimmera Uniting Care** 

185 Baillie Street, Horsham

Phone: (03) 5362 4000

**Grampian Community Health** 

25 David Street, Horsham

Phone: (03) 5362 1200

Centre Against Sexual Assault (CASA)

45 McPherson St, Horsham

Phone: (03) 5381 1211

**West Wimmera Health Service** 

Nelson Street, Nhill

Phone: (03) 5391 4260

Rural Financial Counselling Service Victoria –

Wimmera South West Inc. (Finance only)

Office 5, Wembley Chambers

142 Baillie St, Horsham

Phone: (03) 5381 1646

Patrick White - 0427 340 621

Wimmera Health Care Group

Baillie Street, Horsham

Phone: (03) 5381 9333

**Goolum Goolum Aboriginal Co-Operative** 

43 Hamilton St, Horsham

Phone: (03) 5381 6301

**Salvation Army** 

12 Kalkee Road, Horsham

Phone: (03) 5382 1770

**Rural North West Health** 

Dimboola Road, Warracknabeal

Phone: (03) 5396 1200

**Dunmunkle Health Services** 

23-25 Church Street, Minyip

Phone: (03) 5363 1200

# **A—Z of Counsellors**

Ph: (03) 5362 1200

### **Brendan Scale - Counsellor**

**Grampians Community Health** 

25 David St, Horsham

Email: <u>brendan.s@grampianscommunityhealth.org.au</u>

**Qualifications:** Bachelor of Arts (Counselling), Certificate IV Alcohol and Other Drugs, Certifi-

**Areas Covered:** Hindmarsh Shire, Horsham Rural City, West Wimmera Shire, Yarriambiack Shire

**Specialising In:** Drug and Alcohol

**Scope of Service:** Individual, Families, Couples

**Registrations/Membership:** Level 3 Member– Australia Counselling Association

**Cost:** Free

## **Carol Henwood - Counsellor**

Grampians Community Health Centre Ph: (03) 5362 1200 25 David Street, Horsham Fax: (03) 5382 4687

Email: carol.h@grampianscommunityhealth.org.au

Qualifications:	Welfare Degree in Social Sciences, Diploma in Counselling
Areas Covered:	Hindmarsh Shire, Horsham Rural City, West Wimmera Shire, Yarriambiack Shire
Specialising In:	Gender Issues, Relationships, Crisis/Trauma, Drug & Alcohol, Debriefing/Critical Gambling, Family Violence
Scope of Service:	Individual, Groups, Families, Mediation, Couples, Advocacy, Debriefing after Crisis.
Registration/Membership:	Clinical Member of ACA
Cost:	Free

**Cherie Ladlow - Youth and Family Mediator** 

(03) 5382 6789 Wimmera Uniting Care Fax: (03) 5382 1566 185 Baillie Street, Horsham Mob: 0427 310 141

Email: <a href="mailto:cheriel@wuc.org.au">cheriel@wuc.org.au</a>

Qualifications:	Advanced Mediation, Certificate IV in Mental Health and Drug and Alcohol
Areas Covered:	Horsham Rural City, Hindmarsh Shire, West Wimmera Shire, Yarriambiack Shire, Stawell & Ararat
Specialising In:	Individual Adolescent Support, Parent Support
Scope of Service:	Families and Individual Support
Cost:	Free

Ph:

**David Henwood - Counsellor** Ph: (03) 5362 1200 **Grampians Community Health** Fax: (03) 5382 4687

25 David St, Horsham Email: david.h@grampianscommunityhealth.org.au

Qualifications:	Associate Diploma in Social Work, Graduate Certificate in Social Science – Male Family Violence Group Facilitation, Diploma in Alcohol and Other Drug Work
Areas Covered:	Hindmarsh Shire, Horsham Rural City, West Wimmera Shire, Yarriambiack Shire
Specialising In:	Adolescence, Victims of Crime, Drug & Alcohol, Stress Management, Gender
	Issues, Family Violence
Scope of Service:	Individual, Groups, Couples
Registration/Membership:	Clinical Member of ACA
Cost:	Free

**David Hovey - Counsellor (Private)** Ph: (03) 5382 4495 283 Old Hamilton Road, Haven Fax: (03) 5382 6901

Email: <a href="mailto:dghovey@bigpond.com">dghovey@bigpond.com</a>

Qualifications: Diploma of Professional Counselling, Diploma of Health (Remedial Massage Therapies), Diploma of Ministry, Level 1 Practitioner Certificate in Expressive

Therapies (Adults), Certificate in Expressive Therapies (Children & Adolescents)

**Areas Covered:** Horsham, Western Victoria Specialising In: Relationships, depression, anxiety, stress, spirituality, relaxation techniques, life transitions. **Scope of Service:** Individuals, Families, Couples, Specialist Groups

Registration/Membership: Australian Counselling Association, Australian Assoc of Massage Therapists

Cost: Set

Referral: GP Referral, Agency Referral, Private Frank O'Connor - Counsellor (Private)

Frank O'Connor Psychological Services

Email: fandloc@bigpond.net.au

**Horsham** Ph: (03) 5381 1619 Warrnambool Ph: (03) 5561 3063

Fax: (03) 5561 3024 Mobile: 0457 631 275

**Qualifications:** B. Bsc (Latrobe) B. Ed (Couns) (Latrobe)

Areas Covered: Horsham Rural City and Warrnambool

**Specialising In:** Bereavement, Relationships, TAC, Work Cover, Depression, Stress Management,

Chronic Illness/Life Changes, Crisis/Trauma, Work Stress, Parenting,

Anxiety Disorders-PTSD

**Scope of Service:** Individual, Couples and Veterans

**Registration/Membership** Registered Psychologist

**Cost:** Fee for service, Registered provider with Medicare

Frankie Blake - Social Worker

Social Work Department, Wimmera Health Care Group

Email: frankie.blake@whcq.org.au

Ph: (03) 5381 9333

Fax (03) 5381 9330

Qualifications:Bachelor of Social WorkAreas Covered:Horsham and DistrictSpecialising In:Bereavement, Chronic Illness/Life Changes, Depression, Crisis/Trauma, Issues Related to AgeingScope of Service:Individual, Advocacy and FamiliesRegistration/MembershipAustralian Association of Social WorkersCost:Free

# **Georgie Hovey - Counsellor (Private)**

283 Old Hamilton Road, Haven

Email: <a href="mailto:dghovey@bigpond.com">dghovey@bigpond.com</a>

**Qualifications:** 

**Scope of Service:** 

Cost:

**Registration/Membership** 

Ph: (03) 5382 4495 Fax: (03) 5382 6901

Bachelor of Education, Dip. Professional Counselling, Certificate in Expressive

	Therapies (Children and Adolescents), Level 1- Practitioner Certificate in Expressive Therapies (Adults)	
Areas Covered:	Horsham, Western Victoria	
Specialising In:	Children, Adolescents, Parents, Anxiety, Anger Management, Loss, Self Esteem Modalities include: Expressive Therapies; Sandplay Therapy, Interactive Drawing Therapy	
Scope of Service:	Individuals, Families	
Registration/Membership	Australian Counselling Association, Victorian Institute of Teaching	
Cost:	Set	
Referral:	GP Referral, Agency Referral, Private	
Irina Bennewitz - Counsellor	( <b>Private</b> ) Ph: 0400 312 135	
Email: irinb@bigpond.com	Fax: (03) 5382 3808	
Qualifications:	Registered Nurse, Credentialled Mental Health nurse, Diploma of Professional Counselling, Graduate Certificate of Diabetes Education, Higher Diploma of Secondary Teaching	
Areas Covered:	Horsham	
Specialising In:	Bereavement, Issues Relating to Ageing, Adolescence, Gender Issues, Relationships, Vocational, Chronic Illness/Life Changes, Depression, Mental	

Illness, Stress Management

Fee. Some medicare rebates may be applicable

Individual, Couples

# Jenny Keir - Psychologist (Private)

Wimmera Medical Centre

6-12 Read St, Horsham

Mob: 0425 749 033

Stawell Regional Health

Consulting Suites, Stawell

Fax: (03) 5381 9357

Email: <u>ilkeir@optusnet.com.au</u>

Qualifications:	Bachelor Behavioural Science, Grad Dip Applied Psychology, Masters Counselling
Areas Covered:	Horsham Rural City, Stawell
Specialising In:	Bereavement, Issues Related to Ageing, Chronic Illness/Life, Changes, Relationships, Depression, Anxiety, Crisis & Trauma, Stress Management, Self-esteem, TAC, Work Cover, Victims of Crime
Scope of Service:	Individual adults, Couples
Registration/Membership:	Psychologist – Registered Member Australian Psychological Society, Assoc. Member Australian Society of Hypnosis
Cost:	Set- Pension/ Health Care Card

# **John Hastings - Counsellor (Private)**

Gariwerd Counselling Mob: 0429 704 434 24 - 30 Reids Lane Halls Gap Phone: 5356 4267

Also GCH - Horsham, Stawell & Ararat Email: <u>bunjil@netconnect.com.au</u>

Qualifications:	Graduate Diploma Advanced Counselling
Areas Covered:	Halls Gap, Horsham, Stawell, Ararat
Specialising In:	Relationships, Depression, Mental Illness, Issues Related to Ageing, Chronic Illness/Life Changes, Drug and Alcohol, Crisis & Trauma, Gambling
Scope of Service:	Individual, Couples, Families
Registration/Membership:	Clinical Member Australian Counselling Association
Cost:	\$90 per session - unless referral from Carers Victoria or Local GP through Mental Health Script Program

# **Kathleen Ballinger - Social Worker**

Social Work Department, Wimmera Health Care Group Phone: 53819 333 Email: <a href="mailto:kathleen.ballinger@whcg.org.au">kathleen.ballinger@whcg.org.au</a> Fax: 53819 330

Qualifications:	Bachelor of Arts (indigenous studies) Masters of Social Work
Areas Covered:	Horsham and surrounds
Specialising In:	Children 5-12, Relationships, Depression, Issues Related to Ageing, Chronic Illness/Life Changes, Drug and Alcohol
Scope of Service:	Individual, Advocacy, Families
Registration/Membership:	Australia Association of Social Workers (AASW)
Cost:	Free

# **Dr Kate Alessia - Clinical Psychologist and Social Worker**

Droylsden House, 143-145 Baillie St, Horsham

www.katealessia.com http://droylsden.com.au/

Mob: 0400 444 040
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Ph: (03) 5357 4231

Mob: 0417 141 497

Qualifications:	Bachelor of Social Work, Bachelor of Arts (Pyschology Major), Graduate Diploma in Counselling Pyschology, Doctor of Psychology (Clinical), Certificate in Child and Adolescent Mental Health, Certificate in Clinical Hypnotherapy
Areas Covered:	Horsham
Specialising In:	Children 0-5, Children 5-12, Adolescence, Gender Issues, Bereavement,
	Relationships, Vocational, Supervision, Depression, Mental Illness, Chronic Illness/ Life Changes, Stress Management.
	Other- assessment of learning disorders, assessment of autism spectrum
	disorders, adoption, bipolar disorder, anxiety, post-natal depression, dyslexia
Scope of Service:	Individual, Couples, Families, Specialist Therapies
Registration/Memberships:	Member Australian Pyschological Society, Member of APS College of Clinical
	Psychologists, Member of Australian Association of Cognitive Behaviour Therapy
Cost:	Fee for service. Registered provider of Clinical Psychology services with Medicare, registered with private health insurers

**Lou Tehan - Counsellor (Private)** 

Tulkara Counselling North Woodlands Navarre

Email: tulkara@skymesh.com.au

Qualifications:	Masters Degree. Creative Arts Therapy: Counselling & Psychotherapy (RMIT Uni.), Reg. Nurse Div. 1, Advanced Certificate in Supervision
Areas Covered:	Horsham, Donald, St Arnaud, Stawell, Ararat
Specialising In:	Bereavement, Issues Relating to Ageing, Supervision, Depression, Mental Illness, Stress Management, Debriefing/Critical Incident
Scope of Service:	Individual, Specialist Therapies, Therapeutic Groups: Family, Women, ABI, Clinical Supervision
Registration/Memberships:	Australian Counselling Association (Professional Level 4 Member), Australian Creative Arts Therapy Association—Professional Member. Victorian Brain Injury Association, VIBIRA/Australasia Society for Traumatic Stress Studies—ASTSS, Member of Mental Health Professionals Network
Cost:	Fee. (negotiable)

# **Margaret Hughan - Counsellor (Private)**

Harmony Counselling, McKenzie Creek Fax: (03) 5384 6232

Email: <a href="mailto:harmony@wimmera.com.au">harmony@wimmera.com.au</a>

Qualifications:	Social Work Degree, Welfare Degree, Masters Social Work, Diploma in Hypnotherapy
Areas Covered:	Located in Horsham
Specialising In:	Bereavement, Supervision, Relationships, Mental Illness, Victims of Crime, Family Therapy, Depression, Crisis & Trauma, Stress Management, Debriefing/Critical Incident, Gender Issues
Scope of Service:	Individual, Groups, Couples, Families, Hypnotherapy
Cost:	Set

# **Marie Aitken - Psychologist (Private)**

Wimmera Medical Centre 6-12 Read St Horsham Ph: (03) 5381 9096 Email: <u>m.aitken1@bigpond.com</u> Fax: (03) 5398 1510

Qualifications:	BA, Graduate Diploma in Vocational Counselling, Graduate Diploma in Mental Sciences (cognitive behavioural therapy)
Areas Covered:	Horsham Rural City
Specialising In:	Adolescence, Chronic Illness/Life Changes, Crisis/Trauma, Stress Management, Children 5–12, Vocational TAC, Work Cover, Eating Disorders, Anxiety- Phobias & OCD, Depression
Scope of Service:	Individual
Registration/ Membership	Australian Psychologist Society, College of Clinical Psychologists, Australian Association of Cognitive Behavioural Therapy
Cost:	Set

#### **Sandra McGrath - Counsellor**

Grampians Community Health Ph: (03) 5362 1200 25 David Street, Horsham Fax: (03) 5382 4687

Email: sandra.m@grampianscommunityhealth.org.au

Qualifications:	BA, MA, Graduate Diploma of Social Science in Human Services, Certificate in Advanced Supervision					
Areas Covered:	Horsham Rural City, Hindmarsh Shire, West Wimmera Shire, Yarriambiack Shire					
Specialising In:	Bereavement, Stress Management, Relationships, Chronic Illness/Life , Changes, Depression & Anxiety, Gender Issues, Support Counselling					
Scope of Service:	Individual, Advocacy, Groups, Couples					
Registration/Membership:	Level 3 ACA					
Cost:	Free					

# **Suzanne Penrose - Counsellor (Private)**

Email: <a href="mailto:suzannepenrosechangingfocus@gmail.com">suzannepenrosechangingfocus@gmail.com</a> Ph: (03) 5382 7056

Qualifications:	Diploma Teaching Primary, Bachelor Education (Primary Music), Diploma of
	Counselling
Areas Covered:	Horsham and surrounding towns
Specialising In:	Bereavement, Children 5-12, Gender Issues, Relationships, Chronic Illness/Life Changes, Stress Management, Anxiety, Personal Growth, Holistic Health, Spiritual
	Awareness
Scope of Service:	Individual, Couples
Registration/Membership:	AAHTC VIT
Cost:	Fee

# **Sybil Braybrook - Counsellor**

Rural Northwest Health

Warracknabeal, Beulah and Hopetoun Campus Ph: (03) 5396 1281 Mobile: 0427 854 304 Fax: (03) 5396 1207

Email: Sybil.braybrook@rnh.net.au

Qualifications:	Doctorate of Counselling					
Areas Covered:	Yarriambiack Shire					
Specialising In:	Bereavement, children 0-12, relationships, TAC, Work Cover, depression, mental illness, stress management, issues related to ageing, adolescence, relationships, drug and alcohol, chronic illness/life changes, crisis/trauma, gambling, stress management, family therapy					
Scope of Service:	Individual, families, couples, groups					
Registration/Membership:						
Cost:	Fee - financial consideration					

# **Thea Farrington - Counsellor**

Grampians Community Health Ph: (03) 5362 1200 25 David Street, Horsham Fax: (03) 5382 4687

Email: <a href="mailto:thea.f@grampianscommunityhealth.org.au">thea.f@grampianscommunityhealth.org.au</a>

Qualifications:	Social Science Degree, Graduate Diploma Welfare					
Areas Covered:	Horsham Rural City, West Wimmera Shire, Yarriambiack Shire, Hindmarsh Shire					
Specialising In:	Drug & Alcohol, Drink Drive Education Program, Drug Drive - ,Assessments					
Scope of Service:	Individual, Couples					
Registration/Membership:	Clinical Member ACA					
Cost:	Free					

# **Vynka-Lee Neighbour - Counsellor (Private)**

Suites 1 &2, Wembley Chambers, 142 Baillie St, Horsham Mob: 0437 120 034
Email: <a href="mailto:vynkaleeneighbourcounselling@gmail.com">vynkaleeneighbourcounselling@gmail.com</a>
Fax: (03) 5381 1531

Qualifications:	Bachelor of Social Work, Associate. Diploma of Social Welfare, Cert Critical Incident Stress debriefing, Cert Family Therapy, Cert Grief and Loss Therapy, Cert Clinical Hypnotherapy and many other mental health specific training				
Areas Covered:	Horsham/Wimmera and surrounding areas				
Specialising In:	Bereavement, adolescence, relationships, chronic illness/life changes, victims o crime, depression, crisis/ trauma, stress management, debriefing/ critical incident, family therapy, issues related to ageing, gender issues, vocational, TAC, workcover, supervision, mental illness				
Scope of Service:	Individual, families, couples, groups, mediation, advocacy.				
Registration/Membership:	Australians Association of Social Workers, Accredited Mental Health Social Worker AHSW, Australian Association of Cognitive and Behaviour Therapy, Rural Social Work Action Group, Member Mental Health Professional Network, Wimmera Counsellors Group.				
Preferred Referral Method:	Private, GP, Medicare, workcover approved				
Cost:	Fee for service. Medical rebates available with a GP referral. Funded consulta tions when referred by Victims of Crime, Workcover, Employee Assistance Providers, Private Counselling and Supervision available				

# **Wendy Barton - Counsellor (Private)**

Wendy Barton Consulting

Droylsden House Annexe Ph: (03) 5382 0926
143 Baillie Street, Horsham Fax: (03) 5382 5228
Email: w.barton@bigpond.net.au Mobile: 0417 365 907

Qualifications:	Back	nelor	Social	Wo	rker,	, Bach	elor	of Soc	ial Scien	ice,	Grad	duat	te [	Diplo	ma c	of	
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Psychology, Certificate in Clinical Hypnotherapy, Certificate in Critical Incident

	Management.
Areas Covered:	Horsham
Specialising In:	Relationships, depression, mental illness, stress management, debriefing/critical incident, supervision, crisis/trauma
Scope of Service:	Individual, Couples, Families
Registration/Membership:	Member of AASW, Accredited Mental Health Social Worker
Preferred Referral Method:	Private, GP, Agency
Cost:	Set - medicare rebate if applicable

# **Valerie Hastings - Counsellor (Private)**

Creative Arts Therapy, Reids Lane, Halls Gap Ph: (03) 5356 4267

Mob: 0419 131 874 Email: <u>bunjil47@bigpond.com</u>

Qualifications:	Counsellor and Creative Arts Therapist, Dip. Ed., BA. Ed. (Psych)., Masters Creative Arts Therapy, Post Grad Degree with an Ad Cert in Supervising Tertiary Students and Teachers.				
Areas Covered:	Southern Wimmera, Northern Grampians and Ararat Rural City				
Specialising In:	Personal development, stress management, grief and loss, anxiety and depression, relationship issues, emotional difficulties, trauma, abuse, debriefing, mental health, alcohol and other drug concerns, acquired brain injury, disabilities, children's emotional and behavioural problems, profession clinical supervision, team development.				
Scope of Service:	Individual, Families, Couples, Groups, People with Disabilities				
Registration/Membership:	AIWCW, ACATA, CMACA, ATSS.				
Cost:	Set				

# Print and Fax to (03) 5382 4687 or email to pcpadmin@grampianscommunityhealth.org.au

Name:				
Agency Name:				
Telephone:				
Mobile:				
Fax:				
Email:				
Qualifications:				
(pls write in full)				
Areas (Towns) Covered:				
Specialising In:				
' Bereavement	,	Issues Related to Ageing	,	Children 0–5
' Children 5–12	,	Adolescence	,	Gender Issues
' Relationships	,	Vocational	,	Chronic Illness/Life Changes
' TAC, Work Cover	,	Victims of Crime	,	Supervision
' Depression	,	Financial	,	Crisis / Trauma
' Mental Illness	,	Drug & Alcohol	,	Gambling
' Stress Management	,	Debriefing/Critical Incident	,	Other - please detail
Scope of Service:				
' Individual	,	Mediation	,	Families
' Advocacy	,	Couples	,	Specialist Therapies
' Groups - please list				
' Other- please list				
Registration/Memberships:				
Is there a fee for your service:				
•				
•				

PO Box 501, 25 David Street

Horsham VIC 3402

Ph: (03) 5362 1222

Email: pcpad-

min@grampianscommunityhealth.org.au

www.wimmerapcp.org.au



