

**DIRECTORY OF
COUNSELLING
SERVICES &
THERAPISTS -
WIMMERA**

APRIL 2019

This Directory of Counselling Services & Therapists – Wimmera was an initiative of the Wimmera Primary Care Partnership (WPCP) Counselling Working Group, with co-operation from the Wimmera Counsellors Group. The Directory is updated yearly by Wimmera Primary Care Partnership. 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 www.wimmerapcp.org.au

A regularly updated version of this document will be available at www.wimmerapcp.org.au or you can obtain a copy by emailing a request to info@wimmerapcp.org.au . Should you wish to have your details included in this directory or make changes to existing details, please email the changes to info@wimmerapcp.org.au

For links and a referral mechanism to health and community services within different municipalities around Victoria search the National Health Service Directory by using the Search Widget at www.wimmerapcp.org.au



The screenshot shows a search widget titled "Find a Health Service". It includes a list of service categories with radio buttons for selection: Aboriginal Health Clinic, Aged Care, Allied Health, Community Health Care, Disability Support, General Practice, Hospital, Pharmacy, and More Services. Below the list is a "Keyword Search" section with a text input field containing "Eg: Diabetes, Telehealth, Carer, Re:" and a "Search" button. There is also a field for "Enter Suburb or Town" with a "Search" button. At the bottom, there is a link for "Advanced Search" and the logo for the National Health Services Directory.

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 THERAPIST?

It is easy to be confused by the various titles associated with counselling services. Below are descriptions to help you differentiate between each one.

PHSYCIATRIST

Psychiatrists are medical doctors who are experts in mental health. They specialise in diagnosing and treating people with mental illness. Psychiatrists have a deep understanding of physical and mental health – and how they affect each other. They help people with mental health conditions such as schizophrenia, depression, bipolar disorder, eating disorders and addiction. Psychiatrists provide psychological treatment, prescribe medications and do procedures such as electroconvulsive therapy.

Psychiatrists do at least 11 years of training – usually more. They first do a medical degree at university. Next they spend at least 1 or 2 years doing general medical training in a hospital. Then, to become a psychiatrist they must do at least 5 years of psychiatry training under the supervision of the Royal Australian and New Zealand College of Psychiatrists (RANZCP). This is done while working in hospitals, rural health or community health services. All psychiatrists must also be registered with the relevant medical board in Australia or New Zealand in order to see patients. This is the Australian Health Practitioner Regulation Agency (AHPRA). (The Royal Australian and New Zealand College of Psychiatrists <https://www.ranzcp.org>).

PSYCHOLOGISTS

Psychologists provide their expertise by assessing and diagnosing a range of problems, developing strategies and treatments, and offering guidance and support. Psychologists provide these services in a wide range of public and private settings, including health, mental health, disability, family services, community, schools, corporate and business, education, sport and the performing arts. (The Australian Psychological Society Limited <http://www.psychology.org.au/>)

To become eligible for general registration an applicant is generally required to have completed a four year undergraduate sequence of study in psychology (such as a bachelor degree with honours) followed by at least two years of practical experience as a registered provisional psychologist. The necessary practical experience is usually obtained by undertaking an approved postgraduate degree accredited at fifth and sixth year level (such as a two year Masters) or higher (such as a three or four year Doctorate). Alternatively practical experience can be obtained by completing a 4+2 or 5+1 internship program. (AHPRA <http://www.psychologyboard.gov.au>)

SOCIAL WORKER

Social workers maintain a dual focus on both assisting with and improving human wellbeing and identifying and addressing any external issues (known as system or structural issues) that may impact on wellbeing or may create inequality, injustice and discrimination.

Social workers may undertake roles in casework, counselling, advocacy, community engagement and development and social action to address issues at both the personal and social level. Social workers also work in areas such as policy development, education and research particularly around issues of social justice, disadvantage and the marginalisation of people in their communities or in society.

To work as a social worker in Australia, you will need either a Bachelor of Social Work or a relevant Bachelors degree in another subject with a Master of Social Work. (Australian Association of Social Workers <https://www.aasw.asn.au>)

COUNSELLOR

A counsellor offers talk-based therapy and can help you to address your problems in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness. For some people, just the process of telling their story to a counsellor, and being listened to, is helpful.

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.

Do not assume that all counsellors are professionally qualified. There is no law in Australia that requires a person who provides a counselling service to have either qualifications or experience. This means that people without training or skills can call themselves counsellors or psychotherapists. It is important you ask your Counsellor what their professional training skills are. A trained counsellor has usually spent three or more years studying counselling at university, often at postgraduate level, or has an equivalent level of training in another accredited higher education institution. (Better Health Channel <https://www.betterhealth.vic.gov.au>)

CLINICAL HYPNOTHERPIST

A clinical Hypnotherapist is a specialist in hypnosis, who uses the healing state of hypnosis to work with problems or conditions that clients wish to change. When in hypnosis, the conscious mind (that busy, critical, analytical part of the mind) takes a rest. Hypnosis allows people to tap into the storehouse of information that lies in the subconscious (sometimes referred to as the unconscious) mind and make positive changes to thought patters, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically. (The Australian Society of Hypnotherapists)

LIST OF AGENCIES IN THE WIMMERA PROVIDING COUNSELLORS

| | | |
|--|---|---|
| Ballarat Health Services Mental Health Services | Federation House, 3 Robinson Street, Horsham | 1300 661 323 - 5362 1300 www.bhs.org.au |
| Ballarat Health Services Mental Health Carer Support | Wimmera Community Options Level 1/185 Baillie Street, Horsham | 1800 059 059 - 5381 9336 carers@bhs.org.au |
| The Sexual Assault and Family Violence Centre Sexual Assault Counselling | 25 Roberts Avenue, Horsham | 5381 1211 Wimmera@SAFVcentre.org.au |
| Edenhope & District Memorial Hospital | 128 Elizabeth Street, Edenhope | 5585 9800 |
| Goolum Goolum Aboriginal Co-Operative Wellbeing Workers | 43 Hamilton St, Horsham | 53816330 reception@goolumgoolum.org.au |
| Grampian Community Health | 25 David Street, Horsham 8-22 Patrick Street, Stawell | 5362 1200 gch@grampianscommunityhealth.org.au |
| Grampians Partners in Recovery | 8-22 Patrick Street, Stawell | 1800 056 400 info@grampianspir.org.au |
| Harrow Bush Nursing Centre | 24 Blair Street, Harrow | 5588 2000 operationsadmin@hbnc.org.au |
| Rural North West Health Social Worker | 18 Dimboola Road, Warracknabeal | 5396 1200 reception@rnw.net.au |
| VMCH – Mental Health Respite Carers Support | Girdlestone Street, Ararat | 5352 2317 Grampians.carerservices@vmch.com.au |
| West Wimmera Health Service - Social Work | 49 Nelson Street, Nhill | 5391 4267 intake@wwhs.net.au |
| Western Victoria Primary Health Network | 148 Baillie Street, Horsham | 5381 1756 info@westvicphn.com.au |
| Wimmera Health Care Group Social Work | 83 Baillie Street, Horsham | 5381 9333 info@whcg.org.au |
| Uniting | 185 Baillie Street, Horsham | 5362 4000 www.wuc.org.au |
| Woomelang Bush Nursing Centre | 16 Proctor Street, Woomelang | 5081 2165 woombnc@bigpond.com |
| Salvation Army | 12 Kalkee Road, Horsham | 5382 1770 |
| Rural Financial Counselling Service Victoria | Office 5, Wembley Chambers, 142 Baillie St, Horsham | 5363 1200 Patrick White – 0427 340 621 Ken Dodds - 0400 893 064 Michael White – 0455 838 919 |

QUICK REFERENCE GUIDE

PSYCHOLOGIST

| | | | |
|-----------------|----------------|--|-------------------|
| Dr Kate Alessia | 0400 444 040 | www.wimmerapsychotherapy.com.au | Horsham |
| Jenny Keir | 0425 749 033 | jennykeir@bigpond.com | Horsham & Stawell |
| Del De Winter | 0488 488 088 | d.dewinter@internode.on.net | Horsham |
| Tammy Barber | (03) 5379 3863 | tammy@functiontherapyahs.com.au | Horsham |

SOCIAL WORKER

| | | | |
|---------------------|--------------|--|---------------------|
| Dr Kate Alessia | 0400 444 040 | www.wimmerapsychotherapy.com.au | Horsham |
| Kathleen Ballinger | 0437 605 035 | kathleenbcounselling@outlook.com | Horsham & surrounds |
| Frankie Blake | 5381 9333 | frankie.blake@whcg.org.au | Horsham & district |
| Wendy Deckert | 0438 067 141 | wendydeckertcandc@outlook.com.au | Nhill & Wimmera |
| David Kerr | 5381 9333 | david.kerr@whcg.org.au | Horsham & district |
| Judith Parker | 0427 558 218 | judithann.parker@switchedonvictoria.net.au | Stawell & Ararat |
| Rosemarie Seidler | 0428 781 267 | rmseid3@gmail.com | Horsham & district |
| Vynka-Lee Neighbour | 0437 120 034 | positiveadvances@gmail.com | Horsham & district |

COUNSELLOR

| | | | |
|-------------------|--------------|--|--|
| Ashley Grant | 0403 034 590 | ashleygrantcounselling@gmail.com | Kaniva, Nhill, Edenhope, Goroke, Bordertown |
| Diane Croot | 0429 929 022 | decroot@icloud.com | Nhill |
| Scott Morgan | 0432 584 231 | contact@scottericmorgan.com | Yarriambiack Shire |
| Frank O'Connor | 0457 631 275 | fandloc@bigpond.net.au | Horsham & Warrnambool |
| Stephanie Carroll | 0409 337 448 | thecounselling-co@outlook.com | Stawell & Ararat |
| Suzanne Penrose | 5382 7056 | suzannepenrosechangingfocus@gmail.com | Horsham & district |
| Tim O'Donnell | 0448 322 333 | timotss@yahoo.com | Horsham & surrounds |
| Brian Basham | 0437 327 150 | contact@brianbasham.com.au | Horsham & surrounds |

CLINICAL HYPNOTHERAPIST

| | | | |
|--------------|--------------|--|---------------------|
| Brian Basham | 0437 327 150 | contact@brianbasham.com.au | Horsham & surrounds |
|--------------|--------------|--|---------------------|



DR KATE ALESSIA

Clinical Psychologist and Social Worker

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|---------------------------------------|--|
| Location: | Wimmera Psychology, Droylsden House, 143 – 145 Baillie Street, Horsham |
| Phone: | 0400 444 040 |
| Email: | Message through http://www.wimmerapsychology.com.au/ |
| Areas Covered: | Horsham – 1 week a month |
| Specialising In: | Adolescence Adoption Anxiety Bereavement Bipolar Chronic Illness Depression Disorders Dyslexia Gender Issues Life Changes Mental Illness Relationships Postnatal Depression Supervision Vocational Stress Management Assessment of learning disorders & Assessment of autism spectrum Disorders |
| Scope of Service: | Specialist Therapies, Individual, Couples, Families, Children 0-5, Children 5-12 |
| Cost: | Fee for service. Registered provider of Clinical Psychology services with Medicare, registered with private health insurers |
| Registration/ Memberships: | Member Australian Psychological Society, Member of APS College of Clinical Psychologists, Member of Australian Association of Cognitive Behaviours Therapy |
| Qualifications: | Bachelor of Social Work, Bachelor of Arts (Psychology Major), Graduate Diploma in Counselling Psychology, Doctor of Psychology (Clinical), Certificate in Child and Adolescent Mental Health, Certificate in Clinical Hypnotherapy |



KATHLEEN BALLINGER

Accredited Mental Health Social Worker

Location: Droylsden House, 143 – 145 Baillie Street Horsham

Phone: 0437 605 035

Email: kathleenbcounselling@outlook.com

Areas Covered: Horsham & Surrounds

Specialising In: Anxiety Ageing Issues Bereavement Chronic Illness
Crisis/Trauma Life Changes Mental Illness Relationships
Stress Management Supervision TAC/Workcover

Scope of Service: Individual, Couples, Families, Children 5-12, Adolescence , Older adults

Cost: Registered provider of Focused Psychological Therapy services with Medicare. Gap fee applies unless in financial hardship. Funded consultations when referred by Victims of Crime, Employee Assistance Providers, Private Counselling

Registration/ Membership: Australia Association of Social Workers (AASW), Accredited Mental Health Social Worker

Qualifications: Bachelor of Arts (Indigenous Studies), Masters of Social Work

Referral Pathway: Client to call direct or via GP referral

TAMMY BARBER

Provisional Psychologist

Location: 148 Baillie Street Horsham

Phone: (03) 5379 3863

Email: tammy@functiontherapyahs.com.au

Areas Covered: Horsham

Specialising In: Ageing issues Anxiety Bereavement Chronic Illness
Crisis / Trauma Depression Family Violence Life Changes
Mental Illness Relationships Stress M/ment Victims of Crime
Vocational Assessment of learning & developmental disorders

Scope of Service: Individuals, Couples, Families, Children 0 – 5, Children 5–12, Adolescence

Cost: Fee for service

Registration/ Membership: Associate member of the Australian Psychology Society

Qualifications: Bachelor of Behavioural Studies (Psychology), Graduate Diploma of Psychology Advanced

Referral Pathway: Self, GP, Agency

BRIAN BASHAM

Clinical Hypnotherapist/Counsellor

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|--------------------------------------|--|--|---|--|
| Location: | Horsham | | | |
| Phone: | 0437 327 150 | | | |
| Email: | contact@brianbasham.com.au | | | |
| Areas Covered: | Horsham & surrounding districts | | | |
| Specialising In: | Anxiety Depression Family Violence Peer Support Management | Bereavement Drug & Alcohol Life Changes Relationships Vocational | Career Development Educational Support Mental Health Self-esteem | Crisis / Trauma Emergency Parenting Issues Stress |
| Scope of Service: | Individuals, Couples, Families, Group therapy, Groups, Adolescence | | | |
| Cost: | Fee for service | | | |
| Registration/ Membership: | Associate Member of the Western Victoria Primary Health Network | | | |
| Qualifications: | Studied Clinical Hypnotherapy / NLP, Graduate Certificate in Counselling (Mental Health), Graduate Certificate in Tertiary Teaching, Master of Education (researching adult learning principles), Bachelor of Business (Management/Leadership), Currently completing Graduate Diploma in Counselling (Mental Health) | | | |
| Referral Pathway: | None required, direct contact welcomed | | | |

FRANKIE BLAKE

Social Worker

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|--------------------------------------|--|-----------------------------|-----------------|---------------|
| Location: | Wimmera Health Care Group, Baillie Street Horsham | | | |
| Phone: | (03) 5381 9333 | | | |
| Email: | frankie.blake@whcg.org.au | | | |
| Areas Covered: | Horsham and District | | | |
| Specialising In: | Ageing Issues Depression | Bereavement Life Changes | Chronic Illness | Crisis/Trauma |
| Scope of Service: | Individual, Advocacy, Families | | | |
| Cost: | Free | | | |
| Registration/ Membership: | Australian Association of Social Workers | | | |
| Qualifications: | Bachelor of Social Work | | | |



STEPHANIE CARROLL

Counsellor & Wellbeing Practitioner

| | | | | |
|--------------------------------------|---|---------------|--------------|----------------|
| Location: | The Counselling Co - 56 Barkly Street, Ararat | | | |
| Phone: | 0409 337 448 | | | |
| Email: | thecounselling-co@outlook.com | | | |
| Areas Covered: | Ararat | | | |
| Specialising In: | Adolescence Relationships | Crisis/Trauma | Life Changes | Mental Illness |
| Scope of Service: | Individuals | | | |
| Cost: | \$90 per 50 minute session, \$70 for Students & Health Care Cards. For those on a low income, up to 10, no cost sessions may be accessed with Mental Health Care Plan referral from GP, sent to the Primary Health Network PTS program. | | | |
| Registration/ Membership: | Australian Counselling Association | | | |
| Modalities include: | ACT, CBT, Positive Psychology, Mindfulness, Solutions Focussed | | | |
| Qualifications: | Bachelor of Social Science (Youth Studies) & Master of Social Science (Counselling) | | | |

DIANE E. CROOT

Counsellor

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|--------------------------------------|---|--|--|--|
| Location: | 300 Yanac South Road Nhill | | | |
| Phone: | 0429 929 022 | | | |
| Email: | decroot@icloud.com | | | |
| Areas Covered: | Nhill | | | |
| Specialising In: | Generalist counselling & consulting | | | |
| Scope of Service: | 18 years and over – children only in context of Family Therapy (for individual counselling, children will be referred on) | | | |
| Cost: | \$50 per session | | | |
| Registration/ Membership: | Level 1 ACA Registration. Combined Professional Indemnity, Public & Products Liability Insurance with Fenton Green. | | | |
| Referral: | Referral when appropriate, for holistic care of client, with their permission. | | | |
| Qualifications: | Diploma of Counselling 2015 (aifc), Advanced Diploma of Counselling & Family Therapy 2017 (aifc) | | | |



WENDY DECKERT

Social Worker

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|--------------------------------------|--|----------------|-----------------------|----------------|
| Location: | Social Worker, Counselling and Consultancy, Nhill | | | |
| Phone: | 0438 067 141 | | | |
| Email: | wendydeckercandc@outlook.com.au | | | |
| Areas Covered: | Nhill & Wimmera | | | |
| Specialising In: | Ageing issues | Anxiety | Christianity | Counselling |
| | Crisis/trauma | Depression | EAP | Grief and Loss |
| | Life changes | Mental illness | Post-Traumatic Stress | Parenting |
| | Relationships | Relaxation | Spirituality | Self-esteem |
| | Stress Management | | | |
| Scope of Service: | Individuals, Couples, Families, Children 5-12, Adolescence, Adults | | | |
| Cost: | Fee for service, registered provider with Medicare | | | |
| Registration/ Membership: | Member of Australian Association of Social Workers, Accredited Mental Health Social Worker | | | |
| Qualifications: | Bachelor of Social Work (Honours) | | | |
| Referral: | Self, GP, Agency | | | |

DEL DE WINTER

Psychologist

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|---------------------------------------|--|-------------------|-----------------------|---------------|
| Location: | Wimmera Psychology, Droylsden House – 143 – 145 Baillie Street Horsham | | | |
| Phone: | 0488 488 088 | | | |
| Email: | d.dewinter@internode.on.net | | | |
| Areas Covered: | Horsham | | | |
| Specialising In: | Anxiety | Bereavement | Depression | Dyslexia |
| | Gender Issues | Life Changes | Mental Illness | Relationships |
| | Vocational | Stress Management | Post-natal depression | |
| | Assessment of learning disorders | | | |
| Scope of Service: | Individual, Children 0-5, Children 5-12, Adolescence, Families | | | |
| Cost: | Fee for Service | | | |
| Registrations/ Membership: | Associate Member of APS | | | |
| Qualifications: | Bachelor of Behavioural Science, Graduate Diploma of Psychology | | | |



ASHLEY GRANT Counsellor

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|--------------------------------------|---|------------------------------|----------------------|-------------------|
| Location: | 76 Commercial Street Kaniva | | | |
| Phone: | 0403 034 590 | | | |
| Email: | ashleygrantcounselling@gmail.com | | | |
| Facebook: | https://www.facebook.com/ashleygrantcounselling/ | | | |
| Areas Covered: | Kaniva, Nhill, Edenhope, Goroke, Bordertown | | | |
| Specialising In: | Adolescence | Ageing Issues | Anger | Anxiety |
| | Bereavement | Bullying | Children 0-12 | Chronic Illness |
| | Crisis/Trauma | Critical Incident | Depression | Drug & Alcohol |
| | Disability & Sensory Condition | | Divorce & Separation | |
| | Family Violence | Gender Issues | Gambling | Life Changes |
| | Mental Illness | Relationships | Supervision | Stress Management |
| | Victims of Crime | | | |
| Scope of Service: | Individuals Advocacy | Couples Phone Counselling | Families | Groups |
| Cost: | \$75 per session. Registered for NDIS & Medibank Private | | | |
| Registration/ Membership: | Australian Counselling Association 11419, Australian Business Association | | | |
| Qualifications: | Diploma of Counselling, Certificate 4 in Disabilities | | | |
| Referral: | Private and confidential consulting room in Kaniva | | | |
| Additional information: | Appointments made within 24 hours | | | |



JENNY KEIR

Psychologist

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|--------------------------------------|--|--|------------------------------------|--|
| Location: | Arapiles Building, 83 Baillie Street Horsham Counselling Rooms, Stawell & Community Health Centre, 8-22 Patrick Street, Stawell | | | |
| Phone: | 0425 749 033 | | | |
| Email: | jennykeir@bigpond.com | | | |
| Areas Covered: | Horsham, Stawell | | | |
| Specialising In: | Ageing Issues Crisis & Trauma Self-esteem Work Cover | Anxiety Depression Stress Management | Bereavement Life Changes TAC | Chronic Illness Relationships Victims of Crime |
| Scope of Service: | Individual Adults, Couples | | | |
| Cost: | Senior- Pension/ Health Care Card, | | | |
| Registration/ Membership: | Member Australian Psychological Society, Assoc. Member Australian Society of Hypnosis, AHPRA/PBA Registration | | | |
| Qualifications: | Bachelor Behavioural Science, Grad Dip Applied Psychology, Masters Counselling | | | |

DAVID KERR

Social Worker

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|--------------------------------------|--|-----------------------------|------------------------------|-----------------|
| Location: | Wimmera Health Care Group, Baillie Street Horsham | | | |
| Phone: | 5381 9333 | | | |
| Email: | David.Kerr@whcg.org.au | | | |
| Areas Covered: | Horsham and District | | | |
| Specialising In: | Bereavement Life Changes | Ageing Issues Depression | Adolescence Crisis/Trauma | Chronic Illness |
| Scope of Service: | Individual | Families | Advocacy | |
| Cost: | Free | | | |
| Registration/ Membership: | Australian Association of Social Workers (AASW) | | | |
| Qualifications: | Master of Social Work, Bachelor of Arts (majors criminology & international studies) | | | |



SCOTT MORGAN

Counsellor

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|--------------------------------------|--|------------------|----------------|----------------|----------|
| Location: | Warracknabeal | | | | |
| Phone: | 0432 584 231 | | | | |
| Email: | contact@scottericmorgan.com | | | | |
| Areas Covered: | Yarriambiack Shire | | | | |
| Specialising In: | Addiction | Anger Management | Anxiety | Bereavement | Burn out |
| | Debriefing | Childhood issues | Depression | Grief and Loss | Identity |
| | Life changes | Marriage | Mental illness | Myers Briggs | Trauma |
| | Pre-marriage | Relationships | Self-esteem | Spirituality | |
| | Stress management | | | | |
| Scope of Service: | Individual | Couples | Groups | Skype | Phone |
| Cost: | Fee for service (standard fee \$95 for 1 hour session) | | | | |
| Registration/ Membership: | Level 4 Member – Australian Counselling Association | | | | |
| Qualifications: | Bachelor of Arts (Christian Counselling), Certified MBTI Practitioner | | | | |



VYNKA-LEE NEIGHBOUR

Psychotherapist and Accredited Mental Health Social Worker

Location: 2/78 Firebrace Street (access only from Ward St car park at rear) Horsham

Phone: 0437 120 034

Email: positiveadvances@gmail.com

Areas Covered: Horsham/Wimmera and surrounding areas

Specialising In:

| | | | |
|-------------------|---------------|------------------|----------------|
| Ageing issues | Bereavement | Chronic illness | Crisis/trauma |
| Critical incident | Debriefing | Depression | Family therapy |
| Gender issues | Life changes | Mental illness | Supervision |
| Stress management | Relationships | Victims of crime | Vocational |

Scope of Service: Individual, Families, Couples, Groups, Adolescence, Mediation, Advocacy, Supervision and Critical Incident Response

Preferred Referral Method: Private, GP, Medicare

Cost: Fee for service. Medical rebates available with a GP referral. Funded consultations when referred by Victims of Crime, Employee Assistance Providers, Private Counselling and Supervision available

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

Qualifications: Bachelor of Social Work, Associate Diploma of Social Welfare, Certificate in Critical Incident Stress debriefing, Certificate in Family Therapy, Certificate in Grief and Loss Therapy, Certificate in Clinical Hypnotherapy and mental health specific training



FRANK O'CONNOR

Counsellor

Phone: (03) 5381 1619 / 0457 631 275

Email: fandloc@bigpond.net.au

Areas Covered: Horsham and District, Warrnambool and District

Specialising In: Anxiety Disorders Bereavement Crisis/Trauma Depression
Life Changes Relationships Stress Management Parenting
PTSD TAC, Work Cover Work Stress

Scope of Service: Individual, Couples, Veterans

Cost: Fee for service, registered provider with Medicare

**Registration/
Membership:** Australian Health Practitioner Regulation Agency (AHPRA)

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

TIM O'DONNELL

Counsellor

Location: 1 Percy Street Horsham

Phone: 0448 322 333

Email: timotss@yahoo.com

Areas Covered: Horsham and surrounds

Specialising In: Mens Health Life Changes Anxiety/Depression Vocational Support

Scope of Service: Individual

Cost: \$100 per session. Concession available. Not claimable with Medicare

**Registration/
Membership:** Australian Association of Social Workers

Qualifications: Bachelor of Social Work and Social Welfare



JUDITH PARKER

Social Worker

| | | | | |
|--------------------------------------|---|---|---|--|
| Phone: | 0427 558 218 | | | |
| Email: | Judithann.parker@switchedonvictoria.net.au | | | |
| Areas Covered: | Stawell | Ararat | | |
| Specialising In: | Ageing issues Depression Management | Crisis/Trauma Mental Illness Suicide Prevention | Critical Incident Relationships Supervision | Debriefing Stress Victims of Crime |
| Scope of Service: | Individual, Mediation, Couples, Families, Children 5-12, Adolescence | | | |
| Cost: | Set, medicare rebate if possible. Referrals through private, agency & GP | | | |
| Registration/ Membership: | Member of AASW, Accredited Mental Health Social Worker, Mental Health Professionals Network, Certificate in Neuropsychotherapy | | | |
| Qualifications: | Bachelor of Social Work, Bachelor of Education, Trained Secondary Teachers Art & Craft Certificate, Advanced Suicide Prevention | | | |

SUZANNE PENROSE

Counsellor

| | | | | |
|--------------------------------------|--|---|--|---------------------------------|
| Phone: | (03) 5382 7056 | | | |
| Email: | suzannepenrosechangingfocus@gmail.com | | | |
| Areas Covered: | Horsham and surrounding towns | | | |
| Specialising In: | Anxiety Gender Issues Relationships | Bereavement Holistic Health Personal Growth | Children 5-12 Inner Self Awareness Stress Management | Chronic Illness Life Changes |
| Scope of Service: | Individual, Couples | | | |
| Cost: | Fee | | | |
| Registration/ Membership: | Australian Health Practitioner Regulation Agency (AHPRA), Holistic Therapists Australia (HTA) | | | |
| Qualifications: | Diploma Teaching Primary, Bachelor Education (Primary Music), Diploma of Counselling | | | |



ROSEMARIE SEIDLER

Social Worker

Location: 6 Darlot Street Horsham

Phone: 0428 781 267

Email: rmseid3@gmail.com

Areas Covered: Horsham and surrounds

| | | | | |
|-------------------------|---------------|---------------|-----------------|-------------------|
| Specialising In: | Ageing issues | Anxiety | Chronic illness | Critical Incident |
| | Relationships | Debriefing | Depression | EAP |
| | Life Changes | Loss & grief | Mindfulness | Relaxation |
| | Sleep issues | Stress M/ment | Vocational | Work issues |

Scope of Service: Individuals, Families, Groups

Cost: Fee for service

**Registrations/
Membership:** AASW, Mental Health Professionals Network

DIRECTORY OF COUNSELLING SERVICES & THERAPISTS WIMMERA – ENTRY OF DETAILS FORM

The Directory of Counselling Services & Therapists is produced by Wimmera Primary Care Partnership. This directory lists all (known) participating counsellors/psychologists/physiatrists etc in the Wimmera area and is updated approximately every 6 months.

If you would like your service listed in this directory please complete this form and email to pccadmin@grampianscommunityhealth.org.au

Name:

Profession (eg. Counsellor/social worker):

Address (not required):

Phone:

Email:

Areas Covered:

| | | | | |
|-------------------------|-------------------|------------------------------|------------------|-----------------|
| Specialising In: | Ageing issues | Bereavement | Chronic Illness | Crisis / Trauma |
| | Critical Incident | Debriefing | Depression | Drug & Alcohol |
| | Family Violence | Financial | Gambling | Gender Issues |
| | Life Changes | Mental Illness Relationships | | Stress M/ment |
| | Supervision | TAC, Work Cover | Victims of Crime | Vocational |

Other:

| | | | | |
|--------------------------|---------------|----------------------|----------|----------------|
| Scope of Service: | Individuals | Couples | Families | Group therapy |
| | Advocacy | Specialist Therapies | Groups | Children 0 – 5 |
| | Children 5–12 | Adolescence | | |

Other:

Cost:

**Registrations/
Membership:**

Referral:

Qualifications:

Other comments:
