

APRIL 2020

DIRECTORY OF COUNSELLING SERVICES & THERAPISTS - WIMMERA



PO Box 501 - Level 2, 48
McLachlan Street Horsham
Ph: (03) 5362 3442
Email: info@wimmerapcp.org.au
www.wimmerapcp.org.au



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

NATIONAL HEALTH SERVICES DIRECTORY

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

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.

Find a Health Service

-  Indigenous health >
-  Physiotherapy >
-  Community health >
-  General practice >
-  Hospital >
-  Pharmacy >
- Find a different service >

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.

PSYCHIATRISTS

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 WORKERS

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>)

COUNSELLORS

A big project involves overseeing a lot of moving parts, oftentimes from different people. To have a successful rollout, project managers rely on a well-crafted project plan to ensure objectives are met on time and on budget.

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 HYPNOTHERAPISTS

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 patterns, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically. (The Australian Society of Hypnotherapists)

QUICK REFERENCE GUIDE

PSYCHOLOGISTS

Dr Kate Alessia - 0400 444 040
www.wimmerapsycology.com.au
Horsham

Del De Winter - 0488 488 088
d.dewinter@internode.on.net
Horsham

Tammy Barber - (03) 5379 3863
tammy@functiontherapyahs.com.au
Horsham

SOCIAL WORKERS

Dr Kate Alessia - 0400 444 040
www.wimmerapsycology.com.au
Horsham

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

COUNSELLORS

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 0437 081 189
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

LIST OF AGENCIES IN THE WIMMERA PROVIDING COUNSELLORS

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

DR KATE ALESSIA

Clinical Psychologist & Social Worker

Location:	6 Bradury Lane Horsham
Phone:	0400 444 040
Email:	Message through http://www.wimmerapsychology.com.au
Area covered:	Horsham - 1 week per 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 and Assessment of Autism Spectrum Disorders
Scope of Service:	Specialist therapies - Individuals - Couples - Families - Children 0 - 12
Cost:	Fee for Service. Registered with Medicare & Private Health Insurers
Registration/ Memberships:	Member of Australian Psychological Society, Member of APS College of Clinical Psychologists
Qualifications:	Bachelor of Social Work, Bachelor of Arts (Psychology Major), Graduate Diploma in Counselling Psychology, Doctor of Psychology (Clinical), Certificate in Child & Adolescent Mental Health, Certificate in Clinical Hypnotherapy

TAMMY BARBER

Provisional Psychologist

Location:	148 Baillie Street Horsham
Phone:	(03) 5379 3863
Email:	tammy@functiontherapyahs.com.au
Area covered:	Horsham
Specialising in:	Ageing issues - Anxiety - Bereavement - Chronic Illness - Crisis / Trauma - Depression - Family Violence - Life Changes Mental Illness - Relationships - Stress Management - Victims of Crime - Vocational - Assessment of learning & developmental disorders
Scope of Service:	Individuals - Couples - Families - Children 0 - 12 - Adolescence
Cost:	Fee for service
Registration/ Memberships:	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

Location:	Horsham
Phone:	0437 327 150
Email:	contact@brianbasham.com.au
Area covered:	Horsham & surrounding districts
Specialising in:	Anxiety - Bereavement - Career Development - Crisis / Trauma - Depression - Drug & Alcohol - Educational Support - Emergency - Family Violence - Life Changes - Mental Health - Parenting Issues - Peer Support - Relationships - Self-esteem - Stress Management - Vocational
Scope of Service:	Individuals, - Couples - Families - Group therapy - Groups - Adolescence
Cost:	Fee for service
Registration/ Memberships:	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



STEPHANIE CARROLL

Counsellor & Wellbeing Practitioner

Location:	The Counselling Co - 56 Barkly Street, Ararat
Phone:	0409 337 448
Email:	thecounselling-co@outlook.com
Area covered:	Ararat
Specialising in:	Adolescence - Crisis/Trauma - Life Changes - Mental Illness - Relationships
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/ Memberships:	Australian Counselling Association
Qualifications:	ACT, CBT, Positive Psychology, Mindfulness, Solutions Focussed
Referral Pathway:	Bachelor of Social Science (Youth Studies) & Master of Social Science (Counselling)

DIANE E. CROOT
Counsellor

Location:	300 Yanac South Road Nhill
Phone:	0429 929 022
Email:	decroot@icloud.com
Area 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/ Memberships:	Level 1 ACA Registration. Combined Professional Indemnity, Public & Products Liability Insurance with Fenton Green.
Qualifications:	Diploma of Counselling 2015 (aifc), Advanced Diploma of Counselling & Family Therapy 2017 (aifc)
Referral Pathway:	Referral when appropriate, for holistic care of client, with their permission.

WENDY DECKERT

Social Worker

Location:	Nhill
Phone:	0438 067 141
Email:	wendydeckertcandc@outlook.com.au
Area 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/ Memberships:	Member of Australian Association of Social Workers, Accredited Mental Health Social Worker
Qualifications:	Bachelor of Social Work (Honours)
Referral Pathway:	Self, GP, Agency

DEL DE WINTER Psychologist

Location:	6 Bradbury Lane Horsham
Phone:	0488 488 088
Email:	d.dewinter@internode.on.net
Area covered:	Horsham
Specialising in:	Depression - Anxiety - Trauma - Bereavement - Gender Issues - Mental Illness - Relationships - Stress Management - Post-natal Depression
Scope of Service:	Individual - Children 0-12 - Adolescence - Families
Cost:	Fee for Service
Registration/ Memberships:	Associate Member of APS
Qualifications:	Bachelor of Behavioural Science, Graduate Diploma of Psychology

ASHLEY GRANT

Counsellor

Location:	76 Commercial Street Kaniva (private consulting rooms)
Phone:	0403 034 590
Email:	ashleygrantcounselling@gmail.com
Area covered:	https://www.facebook.com/ashleygrantcounselling/
Specialising in:	Kaniva - Nhill - Edenhope - Goroke - Bordertown 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 - Couples - Families - Groups - Advocacy - Phone Counselling
Cost:	\$75 per session. Registered for NDIS & Medibank Private
Registration/ Memberships:	Australian Counselling Association 11419,
Qualifications:	Australian Business Association, Diploma of Counselling, Certificate 4 in Disabilities
Additional Information:	Appointments made within 24 hours

K

DAVID KERR
Social Worker

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

M

SCOTT MORGAN
Counsellor

Location:	Warracknabeal
Phone:	0432 584 231
Email:	contact@scottericmorgan.com
Area 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 \$100 for 1 hour session)
Registration/ Memberships:	Level 4 Member – Australian Counselling Association
Qualifications:	Bachelor of Arts (Christian Counselling), Certified MBTI Practitioner

VYNKA-LEE NEIGHBOUR

Psychotherapist & 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
Area 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
Cost:	Private, GP, Medicare, 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/ Memberships:	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: 0457 631 275

Email: fandloc@bigpond.net.au

Area covered: Horsham and District, Warrnambool and District

Specialising in: Anxiety Disorders - Bereavement - Crisis/Trauma - Depression - Life Changes - Relationships - Stress Management - Parenting - PTSD - TAC - Work Stress

Scope of Service: Individual, Couples

Cost: Fee for service, registered provider with Medicare

Registration/
Memberships: Australian Health Practitioner Regulation Agency (AHPRA)

Qualifications: B. Bsc (Latrobe) B. Ed (Couns) (Latrobe) 1980

TIM O'DONNELL
Counsellor

Location:	1 Percy Street Horsham
Phone:	0437 081 189
Email:	timotss@yahoo.com
Area covered:	Horsham
Specialising in:	Men's Health - Life Changes - Anxiety/Depression - Vocational Support
Scope of Service:	Individual
Cost:	\$100 per session. Concession available. Medicare
Registration/ Memberships:	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
Area covered:	Stawell & Ararat
Specialising in:	Ageing issues - Crisis/Trauma - Critical Incident - Debriefing - Depression - Mental Illness - Relationships - Stress Management - Suicide - Prevention - Supervision - Victims of Crime
Scope of Service:	Individual - Mediation - Couples - Families - Children 5-12 - Adolescence
Cost:	Set, medicare rebate if possible.
Registration/ Memberships:	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
Referral Pathway:	Referrals through private, agency & GP

SUZANNE PENROSE
Counsellor

Phone:	(03) 5382 7056 / 0422 722 895
Email:	suzannepenrosechangingfocus@gmail.com
Facebook:	https://www.facebook.com/changingfocuscounselling/
Area covered:	Horsham and surrounding towns
Specialising in:	Anxiety - Bereavement - Chronic Illness - Gender Issues - Holistic Health - Inner Self Awareness - Life Changes - Relationships - Personal Growth - Stress Management
Scope of Service:	Individual, Couples - Children 5-12
Cost:	Fee
Registration/ Memberships:	Australian Health Practitioner, Regulation Agency (AHPRA), Holistic Therapists Australia (HTA)
Qualifications:	Diploma Teaching Primary, Bachelor of Education (Primary Music), Diploma of Counselling

ROSEMARIE SEIDLER**Social Worker**

Location:	6 Darlot Street Horsham
Phone:	0428 781 267
Email:	rmseid3@gmail.com
Area 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 Management - Vocational - Work issues
Scope of Service:	Individuals, Families, Groups
Cost:	Fee for service
Registration/ Memberships:	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/ psychiatrists 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 info@wimmerapcp.org.au

Location:

Phone:

Email:

Area covered:

Specialising in:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Ageing issues | <input type="checkbox"/> Bereavement | <input type="checkbox"/> Relationships | <input type="checkbox"/> Gender Issues |
| <input type="checkbox"/> Critical Incident | <input type="checkbox"/> Debriefing | <input type="checkbox"/> Work Cover | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Family Violence | <input type="checkbox"/> Financial | <input type="checkbox"/> Crisis / Trauma | <input type="checkbox"/> Gambling |
| <input type="checkbox"/> Life Changes | <input type="checkbox"/> Mental Illness | <input type="checkbox"/> Drug & Alcohol | <input type="checkbox"/> Victims of Crime |
| <input type="checkbox"/> Supervision | <input type="checkbox"/> Stress Management | <input type="checkbox"/> Vocational | <input type="checkbox"/> Chronic Illness |
| | | | <input type="checkbox"/> TAC |

Scope of Service:

- | | | |
|--|---|---|
| <input type="checkbox"/> Individuals | <input type="checkbox"/> Couples | <input type="checkbox"/> Families |
| <input type="checkbox"/> Group Therapy | <input type="checkbox"/> Advocacy | <input type="checkbox"/> Specialist Therapies |
| <input type="checkbox"/> Groups | <input type="checkbox"/> Children 0 - 5 | <input type="checkbox"/> Children 5 - 12 |
| <input type="checkbox"/> Adolescence | | |

Cost:

Registration/ Memberships:

Qualifications:

Referral Pathway:

Other Comments:
