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## Counselling and Psychological Services

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The Counselling and Psychological services at SA Career Consultants primarily specialise in assessing and treating individuals with diagnosed / undiagnosed Mood Disorders and/or Anxiety Disorders, as well as other individual issues and concerns. Sometimes individuals may have personal issues/difficulties in their lives that they may like to talk about. Our Counsellors and Psychologists can assist individuals with:

- Anxiety issues/panic attacks
- Depression/depressed moods
- Many types of phobia, ie social, fear of heights, closed spaces
- Bipolar disorder, compulsive and psychiatric disorders
- Emotional and behavioural difficulties
- Low self confidence and self esteem
- Anger/aggression issues
- Communication and conflict difficulties
- Other personal and relationship issues

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## Further Information

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To find out how Counselling and Psychological Services at SA Career Consultants can benefit you, or to book an appointment, please contact our Adelaide office.

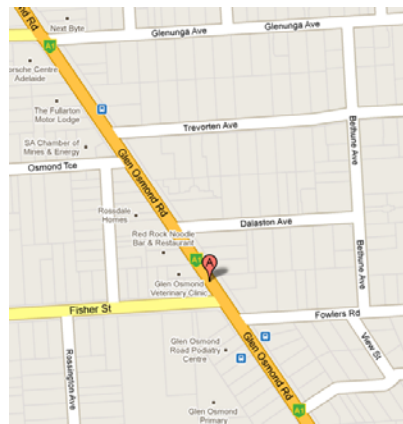
Phone : (08) 8210 9407  
Fax: (08) 8338 2511  
Email: caps@sacareer.com  
Web: www.sacareer.com

**SA Career Consultants** have 6 offices in:

- Adelaide
- Elizabeth West
- Christies Beach
- Modbury
- Daw Park
- Pt Adelaide

Our corporate headquarters are located at:

**Ground Floor  
310 Glen Osmond Road  
Fullarton SA 5063**



# Counselling and Psychological Services

**Professional  
and Confidential**



**Medicare Rebates Available**

SA CAREER CONSULTANTS

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## Counselling and Psychological Services

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The Counselling and Psychological Services provided to individuals may include:

- Acceptance and Commitment Therapy
- Anger Management
- Assertiveness Training
- Cognitive Behavioural Therapy
- Effective Communication and Problem Solving skills
- Goal Setting
- Improving Self Esteem and Self Confidence
- Psychological Assessments
- Relaxation Therapy

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## Professional Staff

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Our staff are committed to providing assistance to individuals with personal and/or psychological barriers. Our staff have postgraduate qualifications in Psychology, and experience in assisting people explore, manage, and overcome their life challenges, and reach their personal goals.

As well as providing a professional and confidential service, our staff are genuinely caring and considerate, and always respect individuals' needs.

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## Cognitive Behavioural Therapy

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Thoughts have power. During times of emotional distress, negative automatic thoughts can dominate your thinking, and therefore, your feelings. Cognitive Behavioural Therapy (or CBT) is a psychological therapy that helps people to understand that how they feel and behave is determined by how they perceive and structure their experiences through their self-talk. CBT is a powerful method to assist individuals to change their thinking so as to overcome their difficulties.

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## Medicare Rebate

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Under the Medicare scheme you can see a Psychologist for up to 12 sessions a year. To access this rebate, you must be referred to a Psychologist by your doctor or your Psychiatrist. Your doctor or Psychiatrist will need to prepare a Mental Health Care Plan. You should book a longer session with your doctor to do this and ask your doctor to refer you to SA Career Consultants' Counselling and Psychological Services. Our Psychologists are registered with Medicare which will enable you to claim rebates for consultations.

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## Private Health Rebate

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Your private health insurance may offer rebates for psychological consultations. Contact your private health insurer for further information.

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## When Are SA Career Consultants Open?

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**Monday to Friday**  
**9.00am – 5.00pm**

A message service is available outside of these hours.

