



## Shining Thru Counselling & Support Services

*Carolyn Travers, BSW*

0401 245 055

PO Box 205, Ballarat, Vic, 3353

[shiningthru@westnet.com.au](mailto:shiningthru@westnet.com.au)

[www.shiningthru.com.au](http://www.shiningthru.com.au)

[facebook.com/shiningthrucounselling/](https://facebook.com/shiningthrucounselling/)

ABN 20612306719

### ASSESSMENT & REPORT PREPARATION & WRITING

*Do you feel you are restricted in your capacity to undertake specific assessments and prepare reports in a timely manner?*

*If you answer yes to this question, then this may be for you.*

Extensive interviews of relevant stakeholders, perusal of case information, and observations will inform the preparation of professional evidence-based reports, inclusive of clear and concise recommendations. A variety of assessments and reviews can be undertaken to inform case direction in a professional manner, inclusive of case reviews.

Individual assessments can provide support to understanding yourself or your own clients. A psychosocial assessment would evaluate the mental, physical, and emotional health of a person with the written report determining a person's mental health, social status, and functional capacity within the community they live. It considers a person's perception of self and their ability to function in the community.

Mental Health Assessments of Aboriginal Clients, both Youth and Adults can be undertaken utilising the Westerman Aboriginal Symptom Checklist. Life Skills Profile 16 (LSP 16) Assessments can be undertaken to assess a person's abilities with respect to basic life skills, with the focus on the person's general functioning and disability rather than their clinical symptoms. The Health of Nation Outcome Scales (HoNOS) can be undertaken to measure behaviour, impairment, symptoms and social functioning for those in the 18 - 64 years old age group.

### ABOUT ME

My **AIM** is to provide high quality professional counselling services, personal and professional development opportunities, and training support to promote overall wellbeing in a fair and just process.

My **VISION** is to encourage others to embrace their uniqueness and draw on their strengths to nurture the change they want in their lives.

My **VALUES** are based on respect, commitment, transparency and integrity.

I am a qualified Social Worker with many years of experience working with individuals and families across a broad age range and a variety of practice areas.

### MY APPROACH

I have real world understanding of challenges faced by people of all ages. I utilise an integrative model of practice drawing on elements from a variety of theoretical approaches to suit the individual or multiple and complex needs of those I support.

I have a flexible approach to my counselling and support by bringing my services to you, in the comfort of your own home or at a place you feel most comfortable. I am also able to provide services via telephone, Skype, and/or email.

In all services offered, I focus on your strengths to build your capacity for the change you want, in a calm and reflective way. I acknowledge and appreciate our unique differences and the importance of open and honest communication.