



## Shining Thru Counselling & Support Services

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### CHRISTIAN COUNSELLING

*Are you a Christian and want to strengthen your walk with God and spiritual health? Do you want to find spiritual fulfillment and increase your self-worth when personal problems and emotional distress cause you problems?*

*If you answer yes to any of these questions, then this form of counselling may be for you.*

You will be assisted to regain your sense of hope and encouragement to achieve a better understanding of yourself in your Christian walk. Scripture and biblical concepts can help you deal with life's challenges with emphasis on the importance of your relationship with God.

Together we will focus on available possibilities or opportunities which will help you regain control of your purpose in life. This will assist you to understand and clarify your Christian walk by making well-informed choices.

### 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.