



Shining Thru

Counselling & Support Services

Carolyn Travers, BSW

0401 245 055

PO Box 205, Ballarat, Vic, 3353

shiningthru@westnet.com.au

www.shiningthru.com.au

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

ABN 20612306719

INTERPERSONAL COUNSELLING

Do you struggle with your social roles and relationships? Do you have conflicts with family or friends? Do you have life changing issues that are causing difficulties for you?

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

You will be assisted to identify and modify patterns of behaviour with challenges in your relationships and help you to be part of the solution. Together we will evaluate specific problem areas in your life, such as conflicts with family or friends or significant life changes and work towards developing more realistic expectations.

Improving your interpersonal and intrapersonal communication skills will improve the quality of your relationships and reduce your distress and the pressures of social functioning.

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.