



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/

ABN 20612336719

JOURNAL THERAPY

Do you have issues and concerns that you find difficult to clarify? Do you enjoy writing about your experiences? Do you want more motivation to be in control?

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

You will be assisted to gain mental and emotional clarity and find a deeper understanding of your unique experiences which leads to greater self-awareness. Writing can motivate you to grow personally, express creatively, and feel a sense of empowerment and control over your life.

With direction, based on prompts, you will be guided to focus on your thoughts and feelings with what you have written down. This will help you to find meaning in your experiences and see things from a more positive perspective.

Drawing and other art forms can be incorporated within your journal to provide more personal meaning.

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.