



Shining Thru

Counselling & Support Services

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TRAINING WORKSHOPS

*Do you have a professional development need but cannot find a suitable training workshop?
Do you wish to enhance your professional knowledge, competence, skill, and effectiveness?
Do you have clients who would benefit from a specific training workshop?*

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

Workshops specific to your workplace needs can be developed and delivered as required, creating new learning opportunities, and introducing practical skills, techniques, or ideas which can value-add to your work practice. These may include Time Management, Morale Building, Work-Life Balance, Improving Work Environment, and Understanding Professional Boundaries.

In addition, a variety of evidence-based workshops can also be delivered to those you work with. Dialectical Behaviour Therapy Skills Training is for groups or individuals to understand and navigate through stressful times, to understand and manage emotions, to deal with distress, learn how to be taken seriously, and how to be present in the moment.

Circle of Security, 123 Magic and Emotion Coaching, and Engaging Adolescents can also be delivered.

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.