

Deep Spring Counselling is an outreach initiative of the Beaumaris Uniting Church, St Martins.

A low-cost community service, it covers:

Marriage and relationship issues

Depression, anxiety and panic attacks

Loss and grief

Alcohol and drug abuse

Trauma

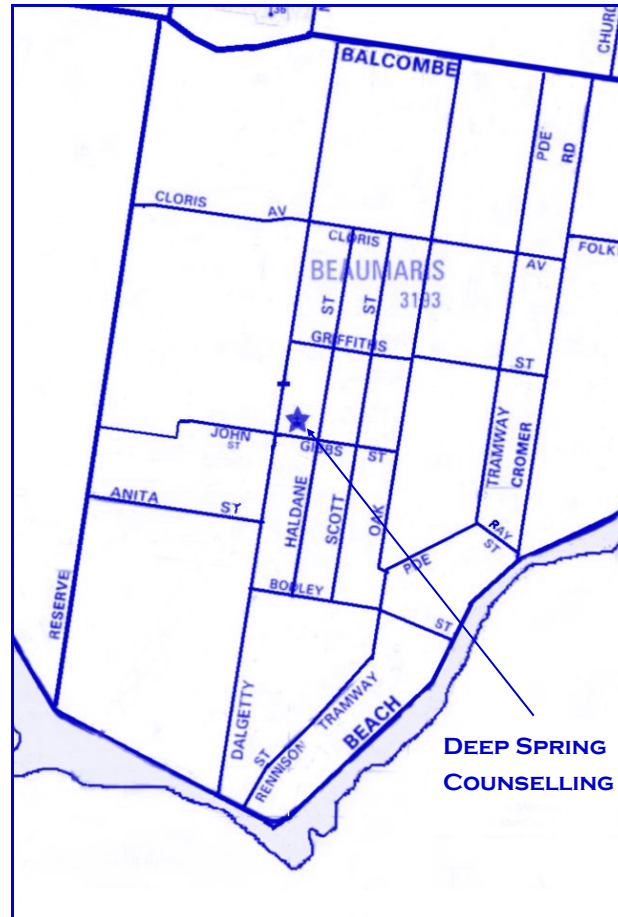
Work place difficulties

Counselling sessions are available during the day and evening by appointment only.

All sessions are conducted by qualified psychologists and are strictly confidential.

Phone: 0419 872 532 for an appointment with Ailsa Drent or

Phone: 0417 500 898 for an appointment. With Geoff Hinde



Located at Beaumaris Uniting Church  
Cnr. Gibbs Street & Dalgetty Road,  
Beaumaris VIC 3193

**MELWAY MAP 86 E7**  
NEAREST BUS STOP NO. 64 TRAMWAY PDE



## DEEP SPRING COUNSELLING

*Low cost Counselling for  
Individuals, Couples and Families*

0417 500 898

or

0419 872 532

# PSYCHOLOGISTS



## **Ailsa Drent** FAPS

B.A. , M.Ed., T.P.T.C

Ailsa works as a psychologist in private practice in the CBD of Melbourne and Moorabbin as well as at Deep Spring. She has practiced in educational and developmental psychology , and has also worked as a teacher and lecturer within the tertiary sector. She has published training materials for parents in order to assist them with children's development and behaviour. Ailsa is registered with Medicare, Work-cover and Victims of Crime services.

Ailsa has experience working with workplace and vocational concerns, self-esteem, anxiety, stress, depression, loss and grief, parenting, ageing, children's development and education.

Ailsa is passionate about working to develop individuals' potential and happiness in life.

Ph: 0419 872 532 for an appointment.



## **Geoff Hinde**

B.A. (Psych) T.S.T.C.

Relationship Counselling (Adv.Cert.)

Psychotherapy (Cert. Cairnmillar)

Geoff is an experienced psychologist having private practices in Bayside, Kingston and Frankston. His training has been in educational psychology as well as psychotherapy.

Whilst specialising in marriage and relationship issues; anxiety and depression, post traumatic stress and coping with addictions have also been a significant part of his work.

A background in teaching gives him an affinity with teenagers and how they work within the family setting.

Ph: 0417 500 898 for an appointment.

# Questions & Answers

## **What is a registered psychologist?**

All psychologists have completed a minimum of six years training, and are legally required to be registered with the Psychologists Registration Board in their state or territory.

They aim to reduce distress, and enhance and promote emotional wellbeing.

Not all Counsellors or therapists are registered Psychologists.

## **What issues can be addressed in counselling?**

Any issues to enhance emotional and psychological wellbeing, including

- Self-esteem and personal growth
- Relaxation
- Marriage and relationship issues
- Depression, anxiety and panic attacks
- Trauma
- Loss and grief
- Workplace difficulties
- Alcohol and drug misuse

## **How much does it cost?**

The cost can vary. Fees are a matter of discussion. However, fees are designed so that access to counselling is not denied to people on low incomes.

If you are referred by your General Practitioner under a Health Plan, Medicare Rebates apply.

If you have private health cover, talk to your health provider about rebates available for psychological services.