

Questions & Answers

What is a registered counsellor?

ARCAP is an independent, national Register of Counsellors and Psychotherapists established by the Australian Counselling Association and the Psychotherapy and Counselling Federation of Australia.

All practitioners listed on the ARCAP Register have:

Completed professional tertiary qualifications in counselling, or psychotherapy

Meet ongoing professional development requirements including clinical supervision of their practice

Abide by the ethical guidelines of the profession

What issues can be addressed in counselling?

Any issues to enhance emotional and psychological well-being, 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 for a Registered Psychologist but not Counsellors.
- If you have private health cover, talk to your health provider about rebates available for psychological services.

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 or Counsellors and are strictly confidential.

For an appointment with Ailsa Drent

Phone: 0419 872 532 or **Email:**
ailsadrent@bigpond.com

For an appointment with Alan White

Phone: 0407 617 800 or **Email:**
alan@theprostatezone.com

For an appointment with Chris Wood

Phone: 0425 790 382 or **Email:**
chris_wood_counselling@ozemail.com.au



DEEP SPRING COUNSELLING

*Low cost Counselling for
Individuals, Couples and Families*

Located at the
Beaumaris Uniting Church
Cnr. Gibbs Street & Dalgetty Road,
Beaumaris VIC 3193
Rooms at the Haldane Street side
of the property.

COUNSELLORS



Chris Wood

B.Sc., MACA, G Cert Career Ed & Development

Chris has a private counselling practice in Beaumaris, as well as working at Deep Spring. Chris is also a senior consultant to a number of large Employment Assistance programs and is a qualified Careers practitioner. Chris has experience working in the government sector, Universities and high schools.

Chris specialises in anxiety disorders, depression, relationship issues, men's issues, grief and loss (including companion animal loss), major life transitions, parenting, self-esteem, work and study-related stress and burnout.

Chris is registered counsellor with the Australian Counselling Association and ARCAP and is a provider for a number of private health funds.

Chris is passionate about helping an individual to gain confidence and make positive changes in their lives. Chris has an NDIS Worker screening check and works with self-managed and plan-managed participants.

Ph: 0425 790 382 for an appointment.



Alan White

**Graduate Diploma Counselling,
Graduate Certificate Bereavement Counselling,
Certificate Counselling & Psychotherapy,
Diploma Nutritional Science.**

Alan has worked as a counsellor in private practice in Melbourne.

Alan's special interests are grief and loss, men's health, and especially assisting men and their partners to deal with health issues. He is particularly experienced in helping with decision making around prostate cancer diagnosis and treatment options. He also assists people to deal with anxiety, career changes and work-related issues.

Alan is a Vietnam Veteran, so he draws on that experience when working with other Veterans who may be struggling to readjust when they transition from the Defence Force into civilian life.

Alan believes in a collaborative approach to addressing personal issues, health and wellbeing, and finding ways to create a balanced engagement with life.

Ph: 0407 617 800 for an appointment.

PSYCHOLOGIST



Ailsa Drent FAPS

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

Ailsa works as a psychologist in private practice in 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, WorkCover 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.