

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.

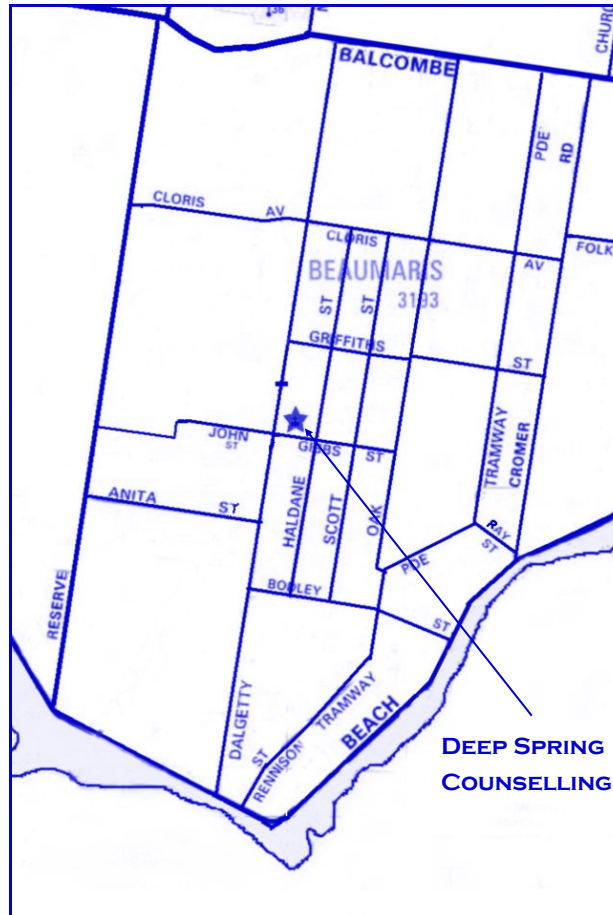
All sessions are conducted by qualified
psychologists or counsellors and are strictly
confidential.

Phone: 0419 872 532

for an appointment with Ailsa Drent

Phone: 0422 706 222

for an appointment with Shelley McDonald



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*

Ailsa Drent
0419 872 532

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Shelley McDonald
0422 706 222

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.



Shelley McDonald

M.Clinical Counselling, ACAR

Shelley is passionate about empowering people to prosper in life. She focuses on building secure, supportive connections that create a safe space for clients to navigate challenges while building on their strengths, values and goals.

Shelley has a strengths-based approach to therapy that is grounded in evidence-based practices. She views therapy as a collaborative process where clients can explore their thoughts, feelings, and behaviours in an empathetic and non-judgmental environment.

Shelley specialises in relationship issues, stress, anxiety, depression, life transitions, self-esteem, loss and grief, and substance use issues. Her goal is to bring hope and empower people to make positive changes to achieve personal growth and improve their mental health, wellbeing and relationships.

Ph: 0422 706 222 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.