



Rebeccah Evans  
Counselling & Psychotherapy



# Rebeccah Evans Counselling & Psychotherapy Services and Client Information

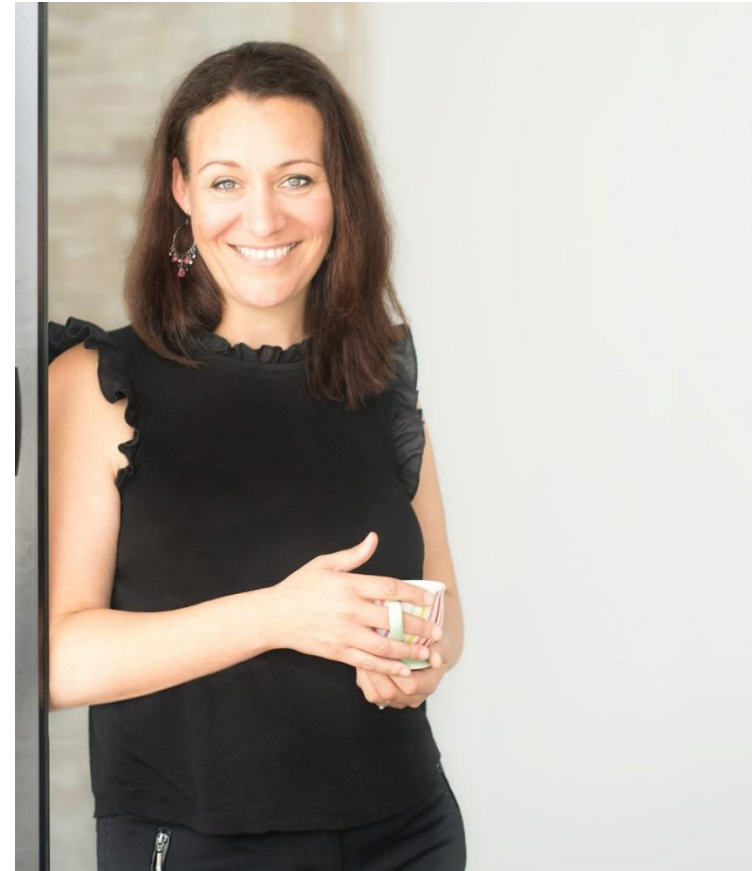
26 June 2021

## About me

Practicing from convenient locations throughout the Sunshine Coast for both local and international clients, I offer Counselling, Psychotherapy and Clinical Consultation to Private Clients, Professionals and Organisations and am an Approved, Registered Counsellor & Psychotherapist for various Health Insurance Providers, multiple Employee Assisted Programs (EAP's) and the NDIS. I hold Clinical Registration with PACFA and am a Registered Member of the BACP.

My experience includes many years in private practice within The Yew Tree Clinic at the Whiteley GP Surgery (UK) and 45 Central Street, London providing Counselling and Psychotherapy services for private clients, professionals, Education providers, Employee Assistance Programmes (EAP's), General Practitioners (GP's) and Insurance providers.

I have also worked with linguistically and culturally diverse client groups on the Sunshine Coast, Queensland, London and the UK within a range of settings including Laurel Place, Mind, NHS, Young People's Counselling Services and I Community. During this time I have gained enormous insight and experience working with children, adolescents, adults, couples and families. Please feel free to contact me for further information.



*"I am here to help you. With my help you can begin to bear what you think unbearable".*



# Table of contents

About me .....	ii
1. What is Counselling and Psychotherapy?.....	5
1.1 Benefits of Counselling and Psychotherapy .....	5
2. Online Counselling and Psychotherapy .....	6
2.1 Benefits of Online Counselling and Psychotherapy .....	6
3. Individual Counselling and Psychotherapy .....	8
3.1 Counselling and Psychotherapy can help.....	8
4. Marriage and Relationships .....	9
4.1 Counselling and Psychotherapy can help.....	9
5. Families and Parenting .....	10
5.1 Counselling and Psychotherapy can help.....	10
6. Children and Adolescents .....	11
6.1 Counselling and Psychotherapy can help.....	11



01

Counselling and Psychotherapy

# 1. What is Counselling and Psychotherapy?



## 1.1 Benefits of Counselling and Psychotherapy

Rebecca Evans Counselling & Psychotherapy is a Sunshine Coast -based practice that offers holistic counselling and psychotherapy to adults, couples, adolescents, children and families. I provide therapy to people of all ages, genders and gender expressions, sexualities, and cultural backgrounds. Counselling and psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, providing strategies and tools to work towards mental and emotional wellness. Through counselling, you can

learn skills and build inner resources that you will be able to take away with you and use for the rest of your life. Counselling can also involve various other ways of communicating if you do not feel comfortable talking, such as expressive therapies (for example, art or play) and mindfulness. We will decide together which approach would feel most comfortable and work best for you.

A Psychotherapist is a highly trained professional and engages a person or group in a process of working together to build understanding and acceptance of how the person makes meaning of their life. Together we can create life giving solutions to problems past and present.

As a psychotherapist I won't advise you, instead help you to find your own way of making sense of things and will accompany you on your own very unique journey towards living your life more fully. I offer a confidential service in comfortable and discreet locations including online providing short and long term, face to face, telephone and Skype counselling and psychotherapy and will personally tailor sessions to the needs of each individuals, couples or Groups. I offer daytime, evening and weekend appointments





## 2. Online Counselling and Psychotherapy



### 2.1 Benefits of Online Counselling and Psychotherapy

The recent outbreak of COVID-19 has created uncertainty with the way we live our lives. Uncertainty for many, can manifest itself as anxiety. Counselling and Psychotherapy is a powerful tool for managing our mental health and social distancing does not have to restrict taking care of ourselves. Online counselling is the same process as in-person therapy. Instead of talking in the same room, you engage in the therapeutic process using your computer, tablet or phone.

Using the internet for counselling and psychotherapy is a great use of modern technology and the internet whilst offering significant benefits of flexibility. Counselling and psychotherapy delivered online is fast becoming an internationally accepted alternative to face to face therapy and makes it easy for you to engage in counselling no matter where you live in the world.

As a Counsellor and Psychotherapist, online counselling allows me to reach clients across the globe unconstrained by international borders. I hold regular appointments with clients across Asia Pacific, Europe and the Middle East providing clients flexibility whilst retaining the visual element of face to face counselling and psychotherapy. Online counselling is convenient and an alternative to face-to-face sessions, with all the benefits of traditional therapy. Clients can often feel more relaxed and comfortable in their own environment.





02

Services and Client Information

## 3. Individual Counselling and Psychotherapy



### 3.1 Counselling and Psychotherapy can help

Counselling and Psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, and providing strategies and tools to work towards mental and emotional wellness. Through therapy, you can learn skills and build inner resources that you will be able to take away with you and use for the rest of your life.

Counselling and Psychotherapy can also involve non-verbal ways of communicating if you do not feel comfortable talking, such as expressive therapies such as art or play and mindfulness. I provide individual counselling and psychotherapy to adults, adolescents and children for a range of issues, including:

- Abuse,
- Addictions,
- Affairs,
- Anger Management,
- Anxiety / Panic Attacks,
- Attachments,
- Bullying,
- Bereavement, Grief
- Change,
- Confidence,
- Communication
- Cultural Issues, Identity
- Depression,
- Dilemmas,
- Divorce
- Domestic Violence

- Impact of Step-Families,
- Life Transitions,
- Loss,
- Parenting,
- Personal Development,
- Relationship Issues,
- Retirement,
- Self-Confidence, Self-Esteem,
- Self-Harm,
- Separation or Endings,
- Sexuality,
- Sexual Abuse,
- Social, Behavioural concerns
- Stress, Trauma, Trust,
- Work Related Issues



## 4. Marriage and Relationships



### 4.1 Counselling and Psychotherapy can help

I provide support for couples who are experiencing challenges in their relationship, or who want to enhance their relationship. Counselling and psychotherapy can provide a safe and neutral space for both partners to feel comfortable sharing their concerns, learning new ways to communicate, connect and strengthen their relationship with themselves and each other.

In this non-judgmental environment, I maintain a balanced approach: Each person in the couple is able to have their perspective listened to in an empathic and respectful way, facilitated by myself. Through exploring the dynamics of the relationship, and sometimes each individual's family-of-origin relationships, couples can gain insight into their emotional regulation patterns, themes of conflict and relating to each other, and obtain a deeper understanding of their concerns and ways to move forward that feels comfortable for each person.

Sometimes it can be helpful to attend individual counselling first, to have the opportunity to focus on your own concerns in depth before exploring issues with your partner. Another way people can benefit from a couples session is if you have been attending therapy for support with personal difficulties that may be impacting on your relationship. You may feel like it could be helpful to have your partner attend a session or two so that you can guide your partner around how to support you. Some of the common issues that emerge in relationships that can be supported in therapy include:

Adjustment to changes:  
Living together, Marriage,  
Children, Working away,  
Roles, Finances or Trust.  
Anxiety  
Communication  
Conflict Resolution  
Depression  
Disengagement from the  
Relationship

Grief and Loss  
Intimacy  
Managing relationships with  
partner's family or extended  
family  
Mental Health  
Parenting  
Role Conflict  
Work-life-family balance

## 5. Families and Parenting



### 5.1 Counselling and Psychotherapy can help

Parents and caregivers often bring their child to therapy for emotional, social, and behavioural support. Working with children often involves working with their caregivers and their families to ensure sustainable therapeutic results. There are many benefits of counselling and psychotherapy for children and their families. Therapy can assist parents and children to learn new skills and ways to communicate in the family, build emotional regulation, and facilitate positive emotional changes within a safe, expressive, and contained environment.

Our development begins from the moment we are created, born, and from the experiences we have had with our own caregivers. Being a supportive and insightful parent begins with understanding your own attachment with your caregivers and how this has impacted on you throughout different stages in your life. Your relationship with your child and the way that you respond or react to them can significantly impact on their emotional regulation as well as their behaviour. I offer support to children, adolescents parents and families with concerns relating to (and not limited) to:

Abuse, Addictions,  
Anger Management,  
Anxiety / Panic Attacks,  
Attachments,  
Behavioural Difficulties  
Bullying,  
Bereavement,  
Change,  
Confidence,  
Communication  
Cultural Issues,  
Depression,  
Dilemmas,  
Divorce  
Domestic Violence  
Grief  
Identity

Impact of Step-Families,  
Life Transitions,  
Loss,  
Parenting,  
Personal Development,  
Relationship Issues,  
Retirement,  
School Refusal  
Self-Confidence, Self-Esteem,  
Self-Harm,  
Separation or Endings,  
Sexuality,  
Sexual Abuse,  
Sexualised Behaviour  
Social, Behavioural concerns  
Social Skills  
Stress, Trauma, Trust

## 6. Children and Adolescents



### 6.1 Counselling and Psychotherapy can help

For Children I provide one-to-one counselling sessions to work through concerns and learn effective emotional regulation strategies. Occasionally I work closely with you as the parent and facilitate a child centred approach empowering your child to utilise strategies learned in sessions so that skills can be translated from the counselling context to home and school. I effectively engage children and young people in therapy and have extensive training and experience working with children and families.

Throughout adolescence, a young person will experience change: physically, cognitively, emotionally, and socially. There can be many challenges, leading to feelings of confusion, frustration, loneliness, anger, sadness, shame and anxiety, not only for the adolescent but also for the family. Addressing any emerging mental health concerns through holistic counselling support during this time is paramount for the young person to learn how to effectively manage stressors and transition into adulthood.

I provide support to children, adolescents and families with concerns relating to (and not limited to:

Abuse, Addictions,  
Anger Management,  
Anxiety / Panic Attacks,  
Attachments,  
Behavioural Difficulties  
Bullying,  
Bereavement,  
Change,  
Confidence,  
Communication  
Cultural Issues,  
Depression,  
Dilemmas,  
Divorce  
Domestic Violence  
Grief  
Identity

Impact of Step-Families,  
Life Transitions,  
Loss,  
Parenting,  
Personal Development,  
Relationship Issues,  
Retirement,  
School Refusal  
Self-Confidence, Self-Esteem,  
Self-Harm,  
Separation or Endings,  
Sexuality,  
Sexual Abuse,  
Sexualised Behaviour  
Social, Behavioural concerns  
Social Skills  
Stress, Trauma, Trust



*“Counselling and Psychotherapy is a personal and safe process that can involve talking about what is present for you, working together to unpack, explore and understand your concerns, and providing strategies and tools to work towards mental and emotional wellness”*



# Rebecca Evans

## Counselling & Psychotherapy

Advanced Wellness Behavioral Centre, 88 Maud Street,  
Maroochydore, Queensland 4556

16/247 David Low Way, Peregian Beach 4573

Tel: +61 (0)404 811 761

[info@rebeccahevanscounselling.com](mailto:info@rebeccahevanscounselling.com)

