

Confidentiality

All counselling sessions are confidential. Our code of ethics, standards and supervision are in line with the Christian Counsellors Association. No information will be disclosed except for supervision and legal requirements and then only with the client's permission.

Qualifications

John Warner has formal qualifications as follows

- Certificate IV in Christian Counselling AIFC.
- Advanced Diploma in Family Therapy AIFC.

John is also experienced in developing and facilitating "Life Skill" courses for small groups.

Sessions

Sessions are normally 50 minutes. Most people initially receive weekly counselling. The maximum benefit is received if the client does homework and tasks assigned to be completed between the sessions.

Aim

Our services aim to assist you in moving closer to shalown. What does shalown mean? It is a state of completeness, wholeness, contentment, hope, peace and total health that embraces physical, mental and spiritual wellbeing.

1 Thess 5:11 (NET) encourage one another and build up each other

Rates - 2010

Shalown After Hours Counselling Service

Individual Counselling Session \$50
Couple / Family Therapy Session \$80

Cash payment at time of consultation is expected
(we do not accept cheques or credit cards)

Please discuss any financial hardship with your counsellor.

Shalown

Times

Monday to Friday 7 pm to 9 pm
Saturday 11 am to 3 pm

by appointment only

p. 03 874 699 29
w. www.shalown.com
e. john@shalown.com

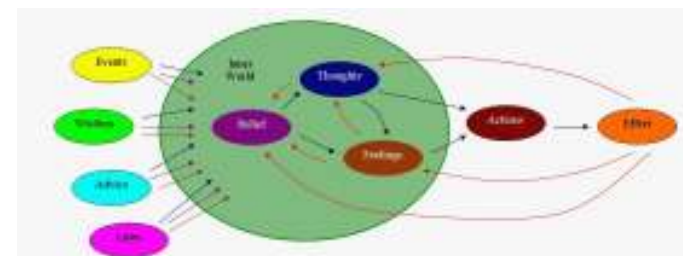
Prov 12:15 (NET) the one who listens to advice is wise

Philosophy

We use an eclectic Christian counselling and family therapy model. The model draws on the best of the proven techniques that are consistent with biblical principles. Our approach is non judgemental and empathic.

We believe in an integrated approach that embraces: physical, mental and spiritual dimensions; as your health in each area profoundly influences the others.

The diagram below illustrates the interaction and feedback paths for our mental processes.



We believe in empowering clients rather than making them dependant on us. By working through the complete model, a client will have the opportunity to address the root causes plus learn new life strategies and principles that will make dealing with common life struggles more manageable.

We recognise the importance of being nurtured in a safe community and encourage clients to connect with their local church.

John 14:26 (NET) the Helper, the Holy Spirit, will teach you all things

Areas of Counselling

Get assistance to deal with common life struggles and maximise your strengths.

Communication Skills

Developing good communications skills improves performance in work, social and family situations.

Relationship Issues

Improving conflict resolution skills is one key. Learning the power of assertiveness is another. Understanding each others differences is vital, especially their love languages.

Self Image

A healthy self image is a key to success.

Self Esteem

Developing a positive self esteem is important to maintaining self confidence.

Recovery from Abuse

Explore the hope and healing that is possible. Discover ways to address Foundational Reactive Addiction (FRA ©)

Anger Management

Go beyond just managing anger to rechanneling and defused it.

Stress and Anxiety Management

Learn management techniques and the early warning signs of when you are not coping.

Depression

Identify underlying causes and develop resilience strategies.

Goal Setting

Learn to make realistic and effective life plans.

Time Management

Learn principles that will improve your effectiveness at work and home.

Problem Solving

Develop systematic problem solving skills.

Grief and Loss

We can assist you with processing this most difficult event.

Root Causes


Get assistance to deal with the root causes that are keeping you stuck and learn to break the chains that are keeping you from experiencing great relationships, personal fulfilment and preventing you from achieving your God given purpose in life.

Shalowm

After Hours Christian Counselling and Family Therapy in Sunbury

by appointment only

p. 03 874 699 29
w. www.shalowm.com
e. john@shalowm.com



so make sure your new direction
is worth the effort

it requires effort to change direction,