



Suite 5/3 Nichol St,
Mundaring WA 6073
0417 201 523
admin@innerresources.net.au
www.innerresources.net.au

Counselling Packages

Chronic Disease Management

- Self Management Assessment
- Building medical and social supports
- Healthy lifestyle promotion and self care strategies
- Pain and fatigue management skills
- Wellness planning

Clearing the Fog (Depression Treatment)

- Psycho-education regarding Depression
- Activity scheduling and healthy behaviour promotion
- Challenging unhelpful thought patterns
- Developing support networks
- Boosting self efficacy
- Relapse prevention planning

Nervous No More (Anxiety Treatment)

- Calming and relaxation strategies
- Working through fears via exposure
- Stress and worry management
- Maximising resilience
- Building confident and self worth
- Tolerating uncertainty

Stress Soother (Chronic Stress Management)

- Reassessing expectations
- Regaining balance and sleep hygiene
- Accessing support networks
- Calming and relaxation techniques
- Career management
- Relapse prevention planning

Lighten the Load (Weight Management) – 6-12 sessions

- Lifestyle Assessment
- Basic health education
- Motivational interviewing
- Exploration of psychological barriers to health
- Building self esteem
- Wellness planning

Healthy Relationships (Individual or Couple Counselling)

- Relationship Skills Assessment
- Communication and conflict management skills training
- Exploring expectations and roles
- Building a shared history and future
- Unpacking relationship baggage
- Supporting lifelong intimacy

Happy Little People (Supporting Youth – 11 and older)

- Psycho-education about mental health
- Making friends and building confidence
- Making the most of schooling
- Transition management skills building
- Dealing with self harm
- Addressing developmental difficulties and bullying
- Strategies to maximise family support (from any family situation)
- Resilience building and planning

Call Inner Resources on 0417 201 523 to arrange a referral or discuss your requirements

Assessments • Counselling • Training • Supervision • Consultancy