

## COUNSELLING HQ PHILOSOPHY

*My view of the Counselling process is a journey of self-exploration by my client.*

I will set about to increase my client's level of self-understanding and self-awareness.

I will act as the guide of my client's journey.

I will guide my client to provide answers and solutions to their own questions / problems regarding themselves and their lives.



From my experience working with young people I find them more likely to own and operate an answer/solution if it is of their own creation.

On some level of consciousness, based on the person's experience in life, I believe young people are in possession of the answers to their own questions.

It is my job to help my client identify, develop, and mobilise their own resources to successfully solve problems and meet their challenges.

*Brian Roydhouse*

Adolescent, Young Adult and Family Counsellor & Therapist

## COUNSELLING HQ

COUNSELLING SERVICE FOR  
12 TO 25 YEAR OLDS

### CONTACT :

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Youth and Family Counsellor & Therapist

### Phone direct:

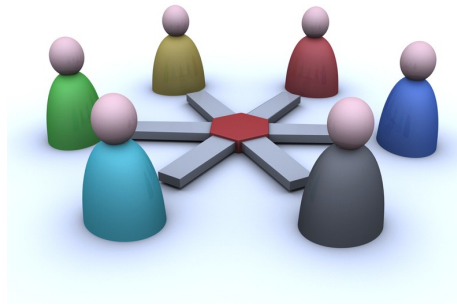
0416 080 959

### Email:

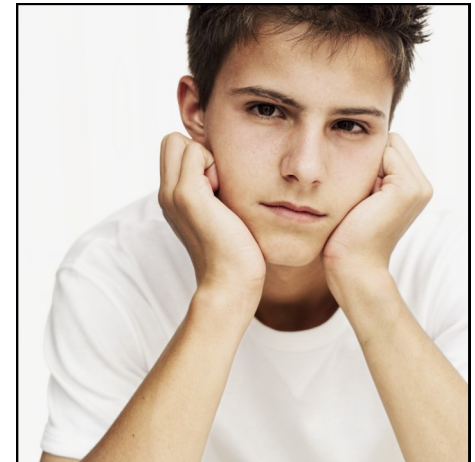
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# Counselling HQ



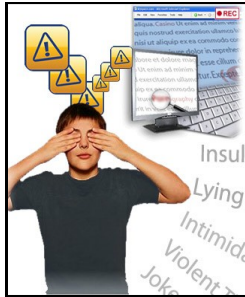
Adolescent  
Young Adult &  
Family Counselling  
Services

Central Coast

**0416 080 959**

## CONDITIONS MANAGED

Attachment issues  
 Separation anxiety  
 Socialisation skills  
 Learning difficulties  
 Internet addiction  
 Conflict management  
 ADHD management



## EDUCATION

### Stress due to:

School  
 University  
 Organisation  
 Time Management  
 Study and Homework  
 Bullying / Cyberspace  
 School reluctance  
 Friends and relationships  
 Moving to a new school or area.



## COUNSELLING FOR:

### Adolescent and Young Adult Issues Social and emotional well being Behaviour Management

Anxiety	Stress	Depression
Anger	Abuse	Violence
Addictions	Guilt	Self-Esteem
Relationships	Grief & Loss	Peer Pressure

## LIFE SKILLS

Organisation skills	Self regulation
Time management	Conflict issues
Relaxation skills	Friendship issues

## FAMILY COUNSELLING

Relationship building	Step families
Separation and divorce	Support groups

## NEURO LINGUISTIC PROGRAMMING

As the name suggests, NLP is the ability to affect or change the nervous system through the use of language. For any young person who has a desire to change or achieve more through language suggestion NLP can hold the key to a brighter future.



**Adolescent  
 Counseling  
 Services**



## COUNSELLING THEORIES



Depending on the young person and the situation, I borrow perspectives and techniques from well-established counselling theories, such as the following:

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**Reality therapy** is largely behavioural in its approach, challenging young people to evaluate what they are *doing* and whether their behaviour is fulfilling their basic needs without harming themselves or others.

**Cognitive-behavioural theory** helps the young person better understand the connection between how they monitor and instruct themselves and interpret events and how they feel and act.

**Motivational interviewing** is designed to identify a young person's resources and motivation for change.

**Existential therapy** is a process of searching for value and meaning in life.

**Solution-focused.** The young person seeks out counselling with an immediate need to alleviate some current on-going stressor.

**Family systems** deal with how the family interacts with each other. It looks at the negative effect an individual can have on the family unit and how the family members can work together to support and change the clients perceptions of themselves.

*In terms of therapeutic technique and strategy,  
 "One size definitely does not fit all."*