

PSYCHOLOGY AND COUNSELLING



QUT Health Clinics – Psychology and Counselling Clinic provides affordable, professional psychology, family therapy and counselling services for the general public. The Clinic also offers a range of psychological assessments of intelligence, memory, learning difficulties and personality in children, adolescents and adults.

Services are provided by therapists who are QUT postgraduate students in Masters of Clinical Psychology, Educational and Developmental Psychology or Counselling programs. All student therapists receive extensive supervision from highly qualified and experienced supervisors.

Sessions can be provided on an individual, couple, family or group basis and are offered in a specially designed suite of rooms.

Treatment is available for a range of issues:

- anxiety, panic attacks and phobias
- mood disorders such as depression
- stress, trauma and psychological injury
- relationship issues
- anger management
- grief and bereavement
- addictive behaviours
- eating disorders (other than anorexia nervosa)
- parenting support
- learning difficulties
- ADHD
- concentration and study skills
- employment difficulties
- career counselling
- adjustment to medical conditions.

In addition, problems that may be specific to children and adolescents include:

- behavioural problems
- separation anxiety
- sleeping problems
- bullying
- family conflict, separation and transition
- behavioural support for Autism Spectrum Disorder.

Counselling and Family Therapy Services offer a collaborative and competency based approach to change in which people's existing strengths and resources are utilised to address the issues influencing their lives.

Individuals, couples and families are offered a unique, team-based approach which engages both clients and counsellors in the discovery of possibilities, change, new ideas and strategies for coping.

CAROLINE CHISHOLM SCHOOL, STUDENT AND FAMILY SUPPORT CENTRE

The Caroline Chisholm School, Student and Family Support Centre (The Chisholm Centre) represents a unique partnership between Brisbane Catholic Education (BCE) and Queensland University of Technology (QUT). The Chisholm Centre was established in 1995 to provide support and psychological services to students, their families and school communities within BCE.

Services include:

- assessing educational, developmental, learning, behavioural, social and emotional strengths and difficulties
- year level/class/small group/individual programs e.g. anxiety, bullying, friendships, social skills
- individual and group counselling
- close liaison with school staff and families experiencing challenging behaviour at school and home.



**Brisbane
Catholic
Education**

teaching • challenging • transforming

Self-referrals are welcome, or we accept referrals from your health care professional or guidance officer.

CONTACT US

Phone 07 3138 0999
Address 44 Musk Avenue, Kelvin Grove QLD 4059
Web healthclinics.qut.edu.au
Facebook fb.me/QUTHC