The Counselling Process

Counselling is a non-judgmental, empathic space in which you can talk openly about anything that is concerning you. It is an interactive, collaborative, and respectful process, where we work together to explore those concerns. I will support you to develop practical skills to help you live a meaningful life and achieve fulfillment in your veterinary career.

My counselling approach is based on Acceptance and Commitment Therapy (ACT), which is an evidence-based behavioural therapy. ACT teaches us how to effectively reduce the impact and influence of painful thoughts and feelings, while enabling us to take conscious action towards the things we value. I also practice Positive Psychology, Solution-Focussed Therapy and other Wellbeing strategies depending on your individual needs.

Confidentiality

Confidentiality is assured in accordance with the Commonwealth Privacy Act 1988. Everything we share in the course of our work together will be kept confidential apart from in the following circumstances when I may be required to break our confidentiality agreement:

- If I consider you to be at risk of seriously harming yourself or someone else
- If your counselling records have been requested by a court of law
- If another party or agency has requested your information, and you have agreed, and provided your written consent

Professional Memberships

As an experienced veterinarian, my deep understanding of the Veterinary Profession and its common challenges supports my counselling role. As a registered member of the Australian Counselling Association (ACA), I practice according to the Code of Ethics prescribed by this professional body.

Sessions

The number and frequency of sessions will be determined by you (there is no lock-in contract). We will regularly review the counselling process together and decide on further sessions depending on your needs.

Payment

Payment is required prior to each session. An invoice will be issued when the session time is booked. Our rescheduling and cancellation policy is available on the Veterinary Vitality website.

Record Keeping

I will record notes during or after each session to help me keep track of our progress together. These notes will be stored in a private and secure location and may be viewed by you if you so wish. Your counselling records will be kept by the service for a period of 5 years from the date of your last contact with the service.

Please see our website for further information https://veterinaryvitality.com.au
I look forward to working with you.

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