

Meet Your Therapist

Individual & Couples Counselling



Nicolette Ward
COUNSELLOR



Hello, and Welcome

Life can be tough to navigate sometimes. We all need a little help at certain times, even if it is just to say: "**Yes, it is okay to feel this way**". I am available to you as a sounding board, a listener, a place to unfold, to drop your armour so you can take a deep breath and bring things into perspective. You are your own best teacher, and I create a holding space in which we can do this together. When we sit in session, you may do this in the comfort of your own home, I in mine, **online**, or in my practice, **in person**, we become fellow travellers, for a brief moment in time.



Let's Do This Together

When we travel together, I shine a light in the dark corners, so you can discover what is true for you - your *own* strengths, your *own* strategies and your *own* solutions for managing, and more often, **resolving the imbalances in your life**. Most of the time you already have your own answers! So while it may be that prior to counselling, you know you are in a pattern, and yet you can't seem to break out of it, its here that working with a professional can guide you to finding how to work through where you're at. We look together to bring the answers that are just sitting at edge of your awareness to the foreground. My job is to **empower you to get clear about your options**, and **supporting you to make your own decisions** that enable you to live your best life.



Experienced, and Ready to Support

I use **all levels of our lives** to support you to explore **your own reasoning and decision-making skills**, helping you take action to move in a different direction and to gain increased independence and self-esteem. I use a holistic set of **frameworks, backed by solid neuroscience** and the very latest research from my peer and supervisor network. My teachers are some of the most highly experienced folk, some of whom are front-runners and thought leaders in family constellation work, trauma, relationships, depression and anxiety.

I bring a **wealth of life experience to the table, having lived in three countries and experienced several major life events myself.** I have also spent the last 10 years studying Polynesian healing systems, kahuna massage, some kinesiology, and some zenthaishiatsu so my knowledge of anatomy, physiology and energetic systems supports how I work with you.

No issue is off limits - we deal with anything really... life, just life.



Nicolette (Nikki) Ward

BA (Psychology)

Dip. Holistic Counselling

Gottman Couples Therapist

Mental Health First Aider

Blue Card

Kahuna Massage Therapist

Areas of Specialisation

- Relationships and Couples Counselling: communication, pre-marital counselling, relationship revamp, breakups, divorce, betrayals etc.
- Workplace Issues
- Stress Management
- Chronic Health Issues
- Anxiety
- Depression
- Smoothing Life's transitions

Benefits of Counselling

Holistic Counselling is not only therapeutic in effect, but also helps you bring about positive change in your future life, going forward. You will also experience:

- Healing old emotional wounds and trauma
- Feeling supported through life's challenges
- Managing stress and conflict more successfully
- Improving communication
- Getting clarity around next steps in life

Schedule of Fees - Individuals

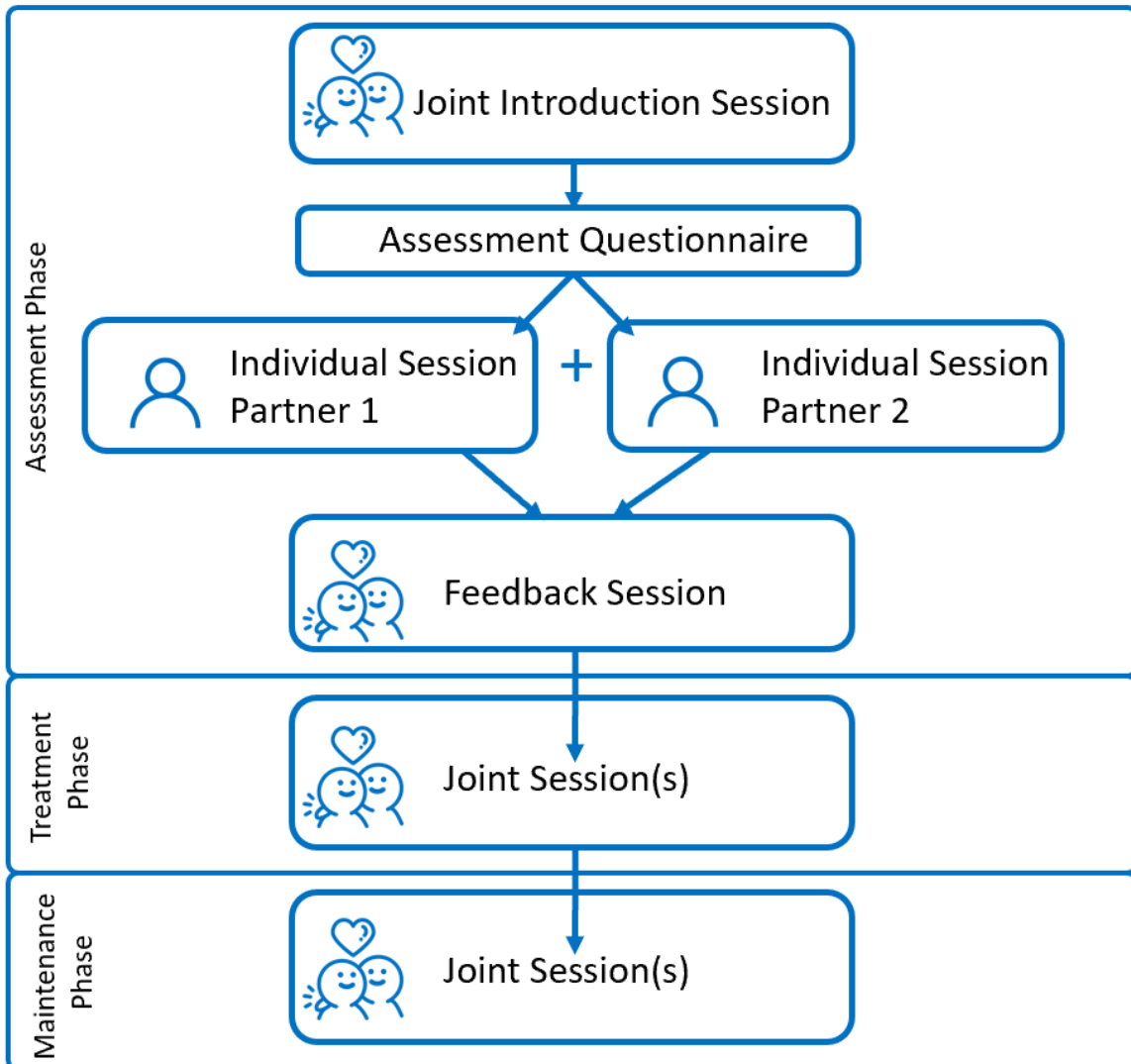
| # | Session Type | Fee | Time |
|------|----------------------|----------|------------|
| Ind1 | Introduction Session | \$160.00 | 90 Minutes |
| Ind2 | Regular Session | \$130.00 | 60 Minutes |
| Ind3 | Extended Session* | \$ 30.00 | 30 Minutes |

Schedule of Fees – Couples

| # | Session Type | Fee | Time |
|-----|---|----------|------------|
| CC1 | Introduction Joint Session | \$190.00 | 90 Minutes |
| CC2 | Introduction Individual Session | \$130.00 | 60 Minutes |
| CC3 | Assessment Tool, Report Generation & Analysis | \$160.00 | 90 Minutes |
| CC4 | Regular Joint Session | \$160.00 | 60 Minutes |
| CC5 | Extended Session* | \$ 30.00 | 30 Minutes |

*An extended session applies if you have used your session time but would like to continue. The extended session applies to both individual and couples counselling, and is billed at \$1 per minute.

Session Structure - Couples



At present I am doing face to face and online appointments. If we do go into CV19 Lockdown, for the health and well-being of my clients and my family, I am only able to take online appointments. I use Zoom technology, and it is as simple as clicking on a link to connect. In the meantime, we can successfully use a blend of both online and face to face where necessary.

Introduction Session

During the introduction session, we identify the top three issues in your lived experience of your relationship. We also look at your needs, love language, attachment styles, and any other dynamics at play in your relationship e.g. mental health, conflict styles, significant events etc.

Individual Session

During the structured interview session, you get to talk freely, without your partner present. While your partner is not present, please also know that all information disclosed within this session is also available to your partner as required in future sessions. At all times visibility and transparency are maintained.

Quiz

The Gottman Assessment tool is an online assessment that takes roughly 2 hours to complete and that you can save along the way. It has a therapeutic effect, and provides indicators around your conflict styles, relationship dimensions, domestic violence, mental health that might be at play in your relationship etc. This generates an 80-90 page report that I usually condense into a one page report that we use in the Feedback session.

Feedback Session

During this session we look at areas of strength, notable history of the relationship, mental health, presenting problems and then finally the treatment plan. We discuss this together to identify where to start, so that we can collaborate on where we can be most effective.



Online Tools

Using Zoom to connect online is as **easy as 1-2-3**. When you book an online session, I will send you a link via email or sms that looks like this:

<https://zoom.us/j/96021920741?pwd=UmZkK1UwRXEwQlZJb0hYMEhUNFNldz09>

Simply join Zoom Meeting by just clicking on the link about 10 minutes before the meeting to allow the installer to work on your computer. If you are using an iPad or a smartphone, please install *Zoom* from the *App* store before you get started.

You can also go to **Zoom.com** or Zoom.us and click **Join a Meeting, enter the Meeting ID and Password** that I send you in the email.

Here is a quick 1 minute tutorial on [how to join a Zoom meeting](#).



How do I pay?

You can pay using EFTPOS, PAYID (just send to 0417435029) or bank transfer. Please be sure to identify your surname and invoice number.

Bank Transfer: Your invoice contains the bank details in the *Notes* section of your Tax Invoice. Payment upfront is preferred for the initial session, and for every session thereafter, payment can occur post session.

Please quote your invoice number (e.g. IV0345 and surname) in the description field of your bank transfer so your payment can be matched to your invoice.

Begin Your Journey Today

Flexible, Early & Late Appointments

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Reasonable Rates

Free 15 Minute Consult for New Clients

Q & A Between Sessions Support

Private & Confidential

Online Available

[Visit My Site](#)

 @wardnicolette

 nicoletteward4123

 www.nicoletteward.com.au - use the **Book Now** button to check availability

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