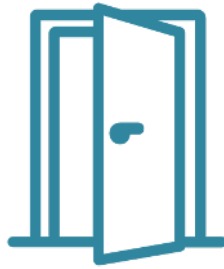


Meet Your Therapist

Individual & Couples Counselling



Nicolette Ward
COUNSELLOR



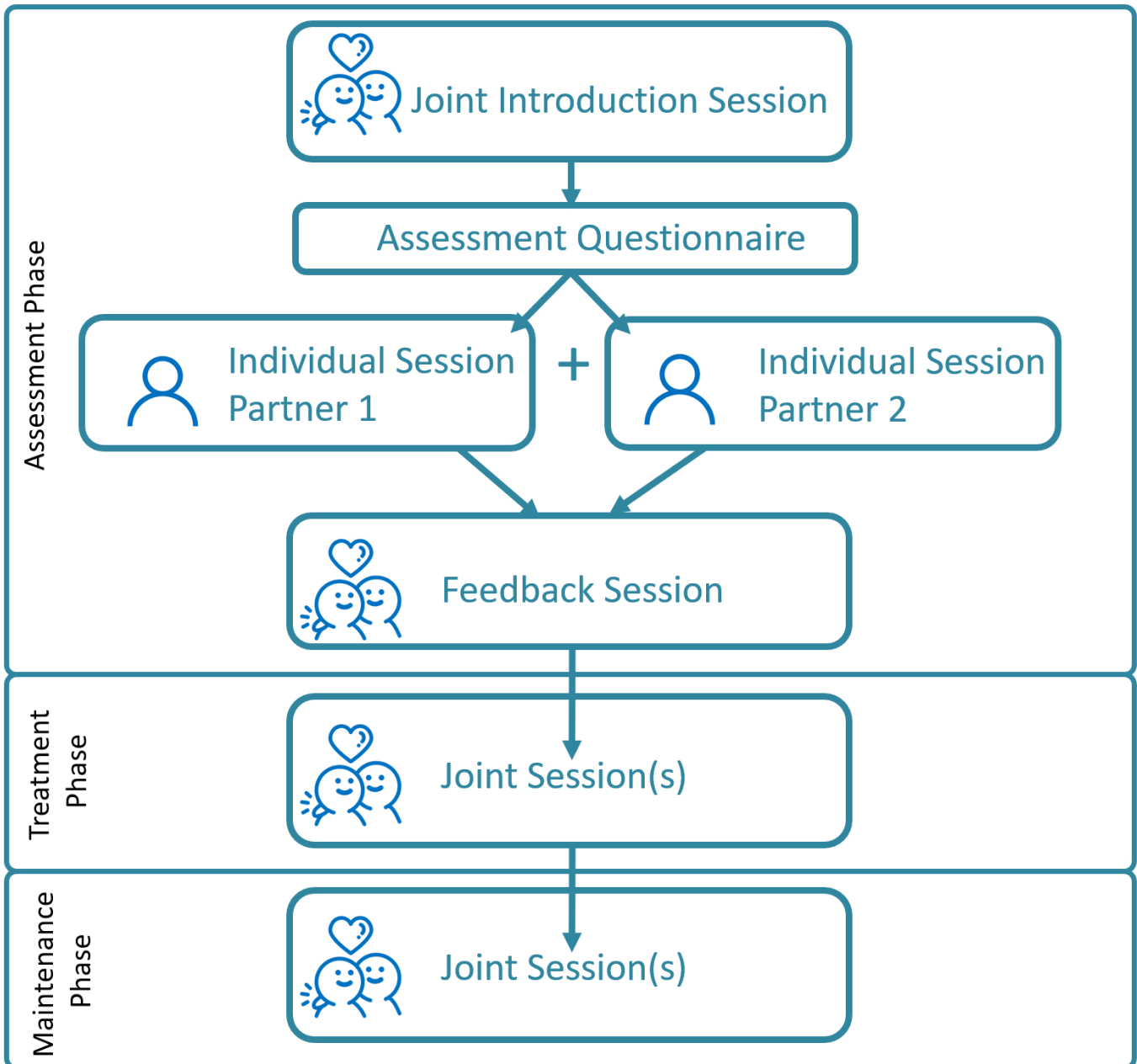
Hello, and Welcome

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.

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; 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. All first time online appointments are book and pay to secure and confirm your spot. Once you have paid, you can always reschedule. Refunds are rare so please be sure you wish to make an appointment.

Introduction Session

During the introduction session, we identify the **main 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. This session is available for you so you can talk without the distraction of a partner.

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. Your therapist will determine with you if this needs to be done for the purposes of supporting your relationship during your introductory 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=UmZkK1UwRXEwQlZJbXhYMEhUNFNldz09>

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?

For all first time appointments, payment will be made via the booking system on my website.

Subsequent appointments can be paid via EFTPOS, PAYID (just send to 0417 435 029) or **bank transfer**. Please be sure to identify your surname and invoice number.

In the event of a no show, and your session has been paid for, your session fee is non-refundable.

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.

In closing

I look forward to working with you to get **clarity** going forward.

Please also know that it is my policy to communicate to both parties at all times, even down to sending the tax invoice, scheduling appointments etc.

In the interests of fairness, and ethical practice, please do not 'back channel' your therapist at any point. Both partners will be communicated with at all times. That said, I am always excited to meet with you to do the good work and take advantage of this situation to create an opportunity for growing and strengthening your relationship(s).

Begin Your Journey Today

Flexible, Early & Late Appointments

Extended Appointments

Reasonable Rates

Free 15 Minute Consult for New Clients

Q & A Between Sessions Support

Private & Confidential

Online Available

[Visit My Site](#)

Meet Your Therapist



Address: 3 Narelle Crescent, Rochedale South, Q, 4123

f @wardnicolette

📷 nicoletteward4123

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

✉ info@nicoletteward.com.au