

# 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, it's 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.*

## Please call me Nikki ...



### Nicolette (Nikki) Ward

BA (Psychology)

Dip. Holistic Counselling

Gottman & PACT 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, attachment injuries and trauma
- Feeling supported through life's challenges
- Managing stress and conflict more successfully
- Improving communication
- Getting clarity around next steps in life

## Classroom

As a value add, I offer my clients access to the resources we talk about or use in session. Access is provided for 30 days, and can include access to the following modules among others:

- **Conflict** - How to engage in healthy conflict
- **Non-Violent Communication** - How to talk to others in a way that gets your needs met.
- **Emotional Freedom Technique** - Tapping to regulate emotions

If you are interested in access to this classroom, please email Nikki at [info@nicoletteward.com.au](mailto:info@nicoletteward.com.au), and request the module you are interested in.

## Couples Workbook

**Relationship Revamp** is an eBook that will help you get the basics down when it comes to Couples Counselling. This workbook is available for a fee of \$25, and can be requested from Nicolette.

Please email your expression of interest to Nicolette at [info@nicoletteward.com.au](mailto:info@nicoletteward.com.au).

## Newsletter

Part of doing counselling with Nicolette, is that you will also automatically receive a **newsletter** once every 3 months packed with tips and tricks, techniques, infographics and videos about how to do your relationship better. If you would like to receive our newsletter, and you are not doing counselling with Nicolette, you can request to be put on the mailing list by emailing Nicolette on [info@nicoletteward.com.au](mailto:info@nicoletteward.com.au).

## Social Media

Much of what we cover in session is also covered on social media, and can offer a range of links, infographics, videos etc.

Facebook: **@wardnicolette**

Instagram: **nicoletteward4123**

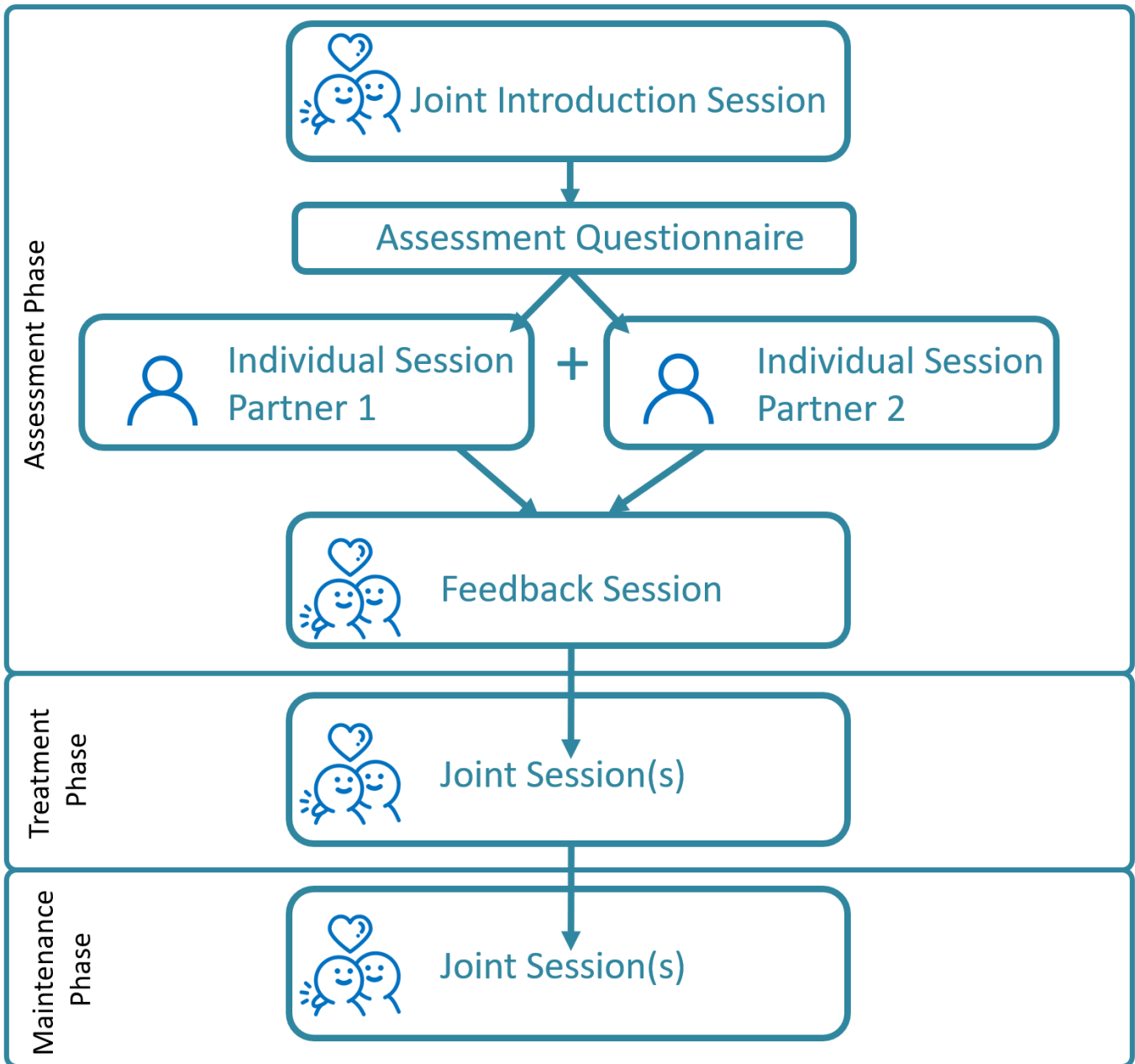
## Schedule of Fees - Individuals

#	Session Type	Fee	Time
Ind1	Introduction Session	\$175.00	90 Minutes
Ind2	Regular Session	\$145.00	60 Minutes
Ind3	Extended Session*	\$ 30.00	30 Minutes
Ind4	Double Session	\$ 250.00	120 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. Extended sessions are not always guaranteed as there may be clients waiting for their next appointment. If you feel you need a long session for your appointment, please book a 2 hour session.



## 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.

## Schedule of Fees - Couples

#	Session Type	Fee	Time
CC1	Introduction Joint Session	\$198.00	90 Minutes
CC2	Introduction Individual Session	\$150.00	60 Minutes
CC3	Assessment Tool, Report Generation & Analysis	\$190.00	90 Minutes
CC4	Regular Joint Session	\$175.00	60 Minutes
CC5	Extended Session*	\$ 30.00	30 Minutes
CC6	Double Session (2 Hour Session)	\$ 260.00	120 Minutes

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## 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



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**f** @wardnicolette

**📷** nicoletteward4123

**🌐** [www.nicoletteward.com.au](http://www.nicoletteward.com.au) - use the **Book Now** button to check availability

**✉** [info@nicoletteward.com.au](mailto:info@nicoletteward.com.au)

# Frequently Asked Questions

**Q:** How many sessions do we need to get through what we are dealing with?

**A:** *Generally I work with couples for around 6-8 weekly sessions. Once we have addressed the immediate issues we then go onto a fortnightly, or monthly maintenance frequency. After this we might check in with each other once a year to do a relationship health check, and most couples have found that this keeps the relationship clutter at bay. Think of it like a spring clean once a year. Couples report that while they think they didn't need it, they found it so helpful in being proactive around issues that could just be ignored and eventually spiral out of control*

**Q:** Can I chat with you via email about my partner?

*My email address is there to organise administration activities that support my clients. I also like to create a level playing field for my clients so any 'back channelling' i.e. sms or emails reflecting on your partner's behaviour or activities will be deleted immediately. Please withhold from sending through information of this nature, as I cannot guarantee confidentiality of this information sent via the Internet, nor am I able to read it for ethical reasons.*