

Meet Your Therapist

Individual & Couples Relationship Counselling



Nicolette Ward
COUNSELLOR

Meet Your Therapist



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, or in my practice, we become fellow travellers, for a brief moment in time, online or in person.





Meet Your Therapist

Individual Counsellor - Nicolette Ward

My name is Nicolette, but most people call me Nikki. I am a partner, a mother, a daughter, cousin and live in a big blended cross-cultural international family! I have been through a few life-changing experiences during my time and I look forward to supporting you through some of your transitions!

I am a qualified, experienced counsellor with a couple degrees and diplomas in counselling, psychology, kinesiology and technology. This helps me support people all aspects of their being. I am also connected to a hand-picked group of thought leaders, mentors, teachers and supervisors in the counselling and coaching space, so if I can't help you immediately, I can source answers from seasoned professionals.

I am passionate about promoting and supporting joyous relationships and experiencing a life free of anxiety, depression and stress.

Meet Your Therapist



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 are at.

We look together to bring the answers that are just sitting at the edge of your awareness to the foreground. My job is to empower you to get clear about your options, and support you to make informed decisions, that enable you to live your best life.



Meet Your Therapist



Qualified

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 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 use a holistic set of frameworks, backed by solid neuroscience. I also bring a wealth of life experience to the table, having lived in three countries and have been through several major life events myself.

I have also spent the last 10 years studying Polynesian healing systems, kahuna massage, kinesiology (in training), and some zenthaishiatsu so my knowledge of anatomy, physiology and energetic systems also informs how I work with you.

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



Meet Your Therapist

About Nikki

BA (Psychology)
Dip. Holistic Counselling
2nd Year Kinesiology
Gottman & PACT Couples Therapist
Mental Health First Aider
Blue Card
Kahuna Massage Therapist

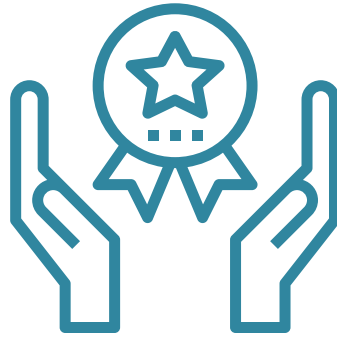


Areas of Specialisation

- Relationships and Couples Counselling: communication, love, sex, pre-marital counselling, relationship revamp, breakups, makeups, separation, divorce, betrayals, DNA surprises etc.
- Anger Management
- Conflict Management
- Workplace Issues
- Stress Management
- Chronic Health Issues
- Anxiety & Worry
- Depression
- Smoothing Life's transitions - aging, co-parenting, etc
- Trauma
- Weight
- Much more than what is listed here.



Meet Your Therapist



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 may also:

- Improve communication
- Get clarity around next steps in life
- Feel more supported through life's challenges
- Manage stress and conflict more successfully
- Model new ways of being for your loved ones
- Impact several generations in your family when they see you easily resolve conflict and work through disagreements.
- Heal old emotional wounds, attachment injury and trauma



Meet Your Therapist



Communication

Communication

When commencing counselling, Nicolette will communicate with you. If you are a couple, all communications will be address to both partners to ensure a level playing field. Generally you will receive a post session followup email with useful resources. Please check your spam folders for anything that comes from info@nicoletteward.com.au

Newsletter

Part of doing counselling with Nicolette is that you will automatically receive a newsletter once a quarter packs with tips and techniques, infographics, ebooks and videos about how to nourish your relationship.

Socials

Our private Facebook page is also available for those who would like to enjoy getting regular posts on how to do relationships better, and inspirational quotes, and regular blog posts.

FB: @wardnicolette

Insta: nicoletteward4123

Pinterest: nicoletteward4123



Meet Your Therapist



Online Tools

Online sessions are done via Zoom. It's as easy as 1-2-3! When you book an online session, I will usually send the link via email or SMS about 15 minutes prior to your session so it doesn't get lost in your inbox. The link usually looks like this:

<https://zoom.us/j/96021920741?pwd=UmZkK1UwRXEwQlZJOXhYMEhUNFNldz09>

Click on your invitation email link for your zoom appointment about 15 minutes before the meeting to allow the installer to work on your computer or device.

If you are using an iPad or a smartphone, please install from the App store before you get started.

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

You can also go to Zoom.com or Zoom.us and click **Join a Meeting**, enter the **Meeting ID and Password** supplied in the email sent your inbox.

Please whitelist info@nicoletteward.com.au to avoid our emails going to your junk mail.



Meet Your Therapist



Schedule of Fees

Online or In Person

Session Type	Fee	Time
Initial Consult	\$175.00	90 Minutes
Regular Session	\$150.00	60 Minutes
Extended Session*	\$30.00	30 Minutes
Double Session	\$250.00	120 Minutes

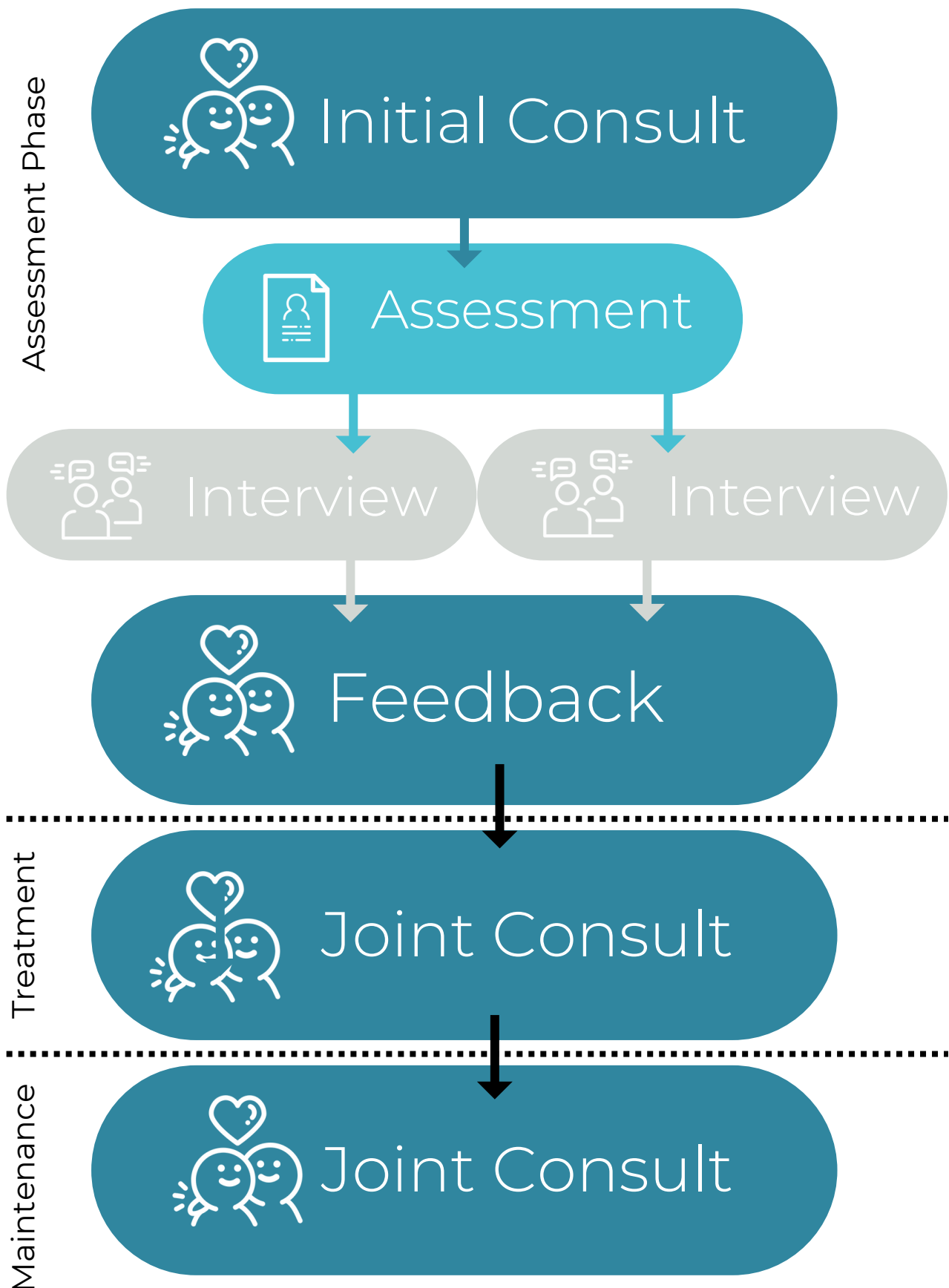
*An extended session applies if you have used your session time but would like to continue. The extended session applies to both individual and couples counselling, and is billed at \$1 per minute. Extended sessions are not always guaranteed as there may be clients waiting for their next appointment. If you feel you need a long session for your appointment, please book a 2 hour session.

All sessions can be offered online or in person.

[Book Now](#)



Couples Session Structure



Meet Your Therapist



Schedule of Fees

Online or In Person

Session Type	Fee	Time
Initial Joint Consult	\$198.00	90 Minutes
Individual Interview	\$150.00	60 Minutes
Assessment Tool, Report Generation & Analysis	\$190.00	60 Minutes
Regular Joint Consult	\$175.00	60 Minutes
Extended Session*	\$30.00	30 Minutes
Long Session	\$198.00	90 Minutes
Double Session	\$280.00	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 appointments, please book a 1.5 Hour (LONG) or a 2 hour (DOUBLE) session as shown above.

All sessions are offered online or in-person.

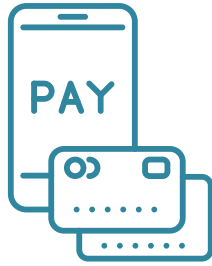
[Book Now](#)



Couples



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Payment Policy

For all first time appointments, payment is made via the booking system on my website. For subsequent in-person appointments, EFTPOS facilities are available.



We also have PAY ID enabled and bank transfer.

- For PAY ID please use 0417 435 029
- For bank transfer, please refer the banking details at the base of your tax invoice.
- Payment via bank transfer must occur before session. Please quote your invoice number and surname in the description field of your bank transfer so your payment can be matched to your invoice (IV0434 Joe Bloggs).

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

Our cancellation and rescheduling appointment policy is 24 hours notice in advance of your appointment, so that we can reschedule your appointment to your preferred timeslot.



Meet Your Therapist



In Closing

I invite you to book a free 15 minute appointment, as a discovery call to see if we are a good fit, and that your presenting issue is within my field of expertise. I can usually work with most issues, however, the decision is ultimately yours.

With couples, I will always communicate with both parties at all times, even when it comes to sending a tax invoice, a post session follow-up email or rescheduling appointments.

In the interest of fairness, and ethical concerns, please do not 'back channel' your therapist i.e. communicate your concerns to the therapist without your partner's knowledge.

Begin Your Journey Today

- Flexible, Early, Late In-Person Appointments
- Extended Appointments
- Reasonable Rates
- Free 15 Minute TeleConsult for New Clients
- Private & Confidential
- Online or Hybrid Appointments

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