

Conversations

in Nature

*Individual counselling for those wanting to
make sense of their lives and the world
around them.*

Grief and Loss
Healing from Family Violence
Suicide Bereavement
Healing from Trauma
Identity and Life Transitions
Anxiety and Depression
Overwhelm

PACFA Registered Clinical Counsellor available for
counselling by Phone or Video

And in Melbourne CBD - Walk and Talk

Bachelor of Counselling

Advanced Diploma of Biomedical Yoga, Meditation
and Lifestyle Medicine

Diploma of Journal Therapy

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Hello,
My name is Kirsten. I am a PACFA registered Clinical Counsellor in Melbourne who works with individuals who want to make sense of their lives and the world around them.

My approach is person centred and client led, supporting the belief that you are the one who knows what is best for you.

I offer Individual counselling with the aim of providing a space that is supportive, safe and offers a sense connection, while you navigate your unique challenges.

Perhaps something has changed in your life recently or perhaps you have been holding something for some time that leaves you feeling off balance and confused.

Perhaps you want a few sessions to find strategies to manage life's challenges, or maybe you are looking for long term counselling. Perhaps this is your first time in counselling, or perhaps you are looking for a new counsellor to continue your therapeutic

No Health Care Plan needed.

No limit to the number of sessions.

Book your **Free 15 minute Connection call** on the website or if you'd prefer to email any questions, please do!