

The Counselling Process

Counselling involves sitting and talking with a counsellor about any relationship difficulties that you are experiencing.

Your counselor will work in partnership with you, asking questions to understand you and your relationship and assisting you to find ways to manage your situation more effectively.

Counselling sessions are totally confidential. Our counsellors do not make judgments about who is right or wrong. They won't tell you what to do or what decisions to make, but rather they will guide you through a discussion of your feelings, experiences and your options.

What qualifications do the counsellors have?

Our counselors have qualifications in psychology or social work as well as specific training and experience in relationship issues.

Who can attend counselling?

You can attend on your own, with your partner, as a family if there are family problems, or your children can come by themselves.

How long is a session?

A session lasts for 50 minutes.

How many sessions do I have to attend?

Some issues are resolved in a few sessions, others take longer. On average, people attend about five sessions.

How much will it cost?

We are a not-for-profit community organisation and our counselling service is only partially funded by the government, so fees are normally charged. However, we do try to make our services as affordable as possible. Our fees are determined on a sliding scale (based on gross household income and number of dependents). We have a surcharge on after-hours appointments. When you call to make a booking for counselling, we will advise you of the fees payable.

How do I make an appointment?

To make an appointment to speak to a counsellor, call the RAV centre nearest you. Depending on the availability of counselling services in your area, you can make a booking during business hours, in the evening or on a Saturday morning. Please be aware there will probably be a waiting list for evening and Saturday morning sessions as these are the most sought after.

Visit our website to find our centre locations and information on our specialised counselling services, or call 1300 364 277.