Reasons People Access Counselling
Counselling can help with things such as choosing a direction for life, assisting people in reaching their full potential, or helping those who feel stuck or unfulfilled get 'unstuck'. There may be events from your past/present time that you want to gain a better understanding of and process, or there may be future goals you would like to achieve. The counselling process can allow you to dig deeper into your core beliefs, assumptions, values and come to a fuller understanding of your behaviours and their purposes.

Risks & Benefits to Counselling

Risks:

- Counselling involves sharing sensitive, personal, and private information that may at times be distressing. There may be periods of increased anxiety or confusion, and on occasion, people find that things can get harder before they get better in the process of counselling.
- Things you may not have thought about for a while can be hard to talk about.
- Change is hard, even when it is positive.

Benefits:

- Your self-awareness may increase allowing you to recognize unconscious emotional patterns that occur in your life and relationships.
- As you access more self-compassion, you will increase your ability to bring a sense of calm and clarity to your inner system.
- You may notice that you start to feel better as you change your relationship with yourself.
- The less judgemental you may start to feel towards yourself.
- You may notice more happiness and confidence in your life.
- You may notice increased energy and space to engage in desirable behaviours.

Fees & Policies

If you cannot make an appointment, please notify Melissa within 24 hours of your appointment. If you miss a session without notifying Melissa, full fees will be charged.

Individual Therapy

60 minute session: $175.00
90 minute session: 262.50
Confidentiality

All communications in therapy are confidential and privileged. With the following exceptions, confidentiality will be adhered to under any circumstances:

Limits of Confidentiality

- Requirements to report incidences of child abuse being perpetrated.
- Requirements to comply with court ordered subpoenas.
- Requirements to prevent harm to the client themselves, or to someone else, should such plans be disclosed.

Informed Consent

- Services provided through MG Counselling are completely voluntary and you may choose to end counselling at any time.
- You are not obligated to disclose any information you do not want to.
- You have read and fully understood the information presented above regarding MG Counselling.