

GETTING STARTED IN COUNSELLING

WITH RELATIONSHIPS AUSTRALIA (QLD)

STEP

01

INITIAL CONTACT

You contact us (1300 364 277 or in-venue) because you are seeking counselling

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Or you are referred to us for counselling

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We register you for our service and get some basic details

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STEP

02

TELEPHONE INTAKE APPOINTMENT

This is an opportunity for you to find out about our services and discuss if they are right for you

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It is also an opportunity for us to learn about your wellbeing and the wellbeing of your family

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The information we gather here will mean that your face-to-face counsellor will best know how to help you

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We will have a chat about whether individual, couple or family sessions might be best and then book them

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STEP

03

FIRST FACE-TO-FACE SESSION WITH YOUR COUNSELLOR

You will meet the counsellor at your chosen venue

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The counsellor will go through some initial paperwork with you

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This will then be an opportunity to work with your counsellor to determine the nature of your concerns and what type of therapeutic work might help

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Together you will build a plan for your counselling

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We'll gather any information about Domestic Violence or Court Orders here



Please prepare for this appointment by making sure you are alone and free from distractions (including kids). If you don't make your appointment time, you will have to ring back to register again



Your counsellor might call to check a few details or confirm your appointment type