

## CONFIDENTIALITY

In the course of providing our services, personal and sensitive information is shared. We respect your privacy and are committed to protecting your information which will be held in a secure system and is only accessible to you and your Counsellor.

## FEES

Men Transforming Men Australia is a not-for-profit charity and does not receive financial support from the Government and therefore needs to charge for client services. Standard consultation fees are between \$88 [individual] and \$99 [couples] for a one-hour session. Appointments that require longer will be charged on a pro-rata basis. Those who, for extenuating circumstances are unable to pay these fees are encouraged to discuss this with their Counsellor or receptionist and arrangements may be made to reduce the fees. Please note that the recommended fee by the Australian Psychological Society for a standard one-hour consultation with a Psychologist is \$200 not including GST.

## PAYMENT METHODS

Cash, cheque, EFTPOS and credit cards are accepted.

## HEALTH INSURANCE

Counselling services cannot normally be claimed through Health Insurance. Some claims may be made with certain Health Funds under 'extra cover' when claiming as part of the 'lifestyle' category. Currently the national body representing professional Counsellors – the Psychotherapists and Counselling Federation of Australia [PACFA] is addressing the issues with the Health Funds. PACFA encourages people to ring their Health Fund and ask them to provide rebates for these important services.

## APPOINTMENTS & CONSULTATION TIMES

Appointments can be made and consultations normally take place during normal working hours. After-hours you are encouraged to leave a message on our answering machine and we will get back to you.

# testimonials

*"Thank you for providing me with a "safe place" in which to work through my issues."*

*"My time in your care was life changing. Thank you."*

*"My wife and I would like to thank you for the love and support shown to us during our marriage counselling sessions at MTM. We see life quite differently now!"*

*"I have greatly appreciated the Spiritual Direction I have received from MTM. What a difference this has made not only personally but also in my marriage and work life. Thank you for caring."*



### MEN TRANSFORMING MEN

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# Counselling & spiritual direction



\*counselling  
\*mentoring \*fatherhood  
\*training and development  
\*men's rites of passage  
\*spiritual direction

[www.mtmaustralia.org.au](http://www.mtmaustralia.org.au)

Men Transforming Men [MTM] Australia was established in 2003 out of a shared vision to reach out and assist men and their families. Whilst our **programs** are directed towards men, MTM's **Counselling and Spiritual Direction Services** are available for both males and females as individuals, couples or members of a family from all walks of life, regardless of religious belief or background. Our services are provided in a safe, compassionate and confidential environment at our community centre in Taringa.

Whether you're struggling with personal relationships, your job, or you just feel down about life in general, we're here to listen. Our aim is to help you understand more about who you are, what has brought you to this point in your journey and what you can do to live a more inspired, joyous and authentic life.

#### **INDIVIDUAL COUNSELLING**

Making the decision to see a Counsellor can be difficult. MTM recognises this and wants to assure you

that should you make this decision that you will find MTM is all about providing a safe place for people to discover their true selves, as we are all unique with our own stories and concerns and these need to be respected. Therefore, counsellors at MTM utilise a number of different approaches to counselling and will, in consultation with the client, use these different approaches to reach the desired outcome.

#### **COUPLES COUNSELLING**

To work effectively it's important that couples share openly during their sessions with a Counsellor. Because there are different relationship styles and therapeutic approaches, it is important that you feel comfortable in order to achieve the best possible outcome. If after commencing counselling you find you do not connect relationally with your counsellor, please do not hesitate to ask to see someone else.

#### **FAMILY COUNSELLING**

Family counselling may involve several members or the whole family. Sometimes it means involving Mum or Dad with a son or daughter coming together to resolve a school or family issue. At other times it may be about learning alternative approaches to parenting.

#### **TELEPHONE COUNSELLING**

Australia is a vast country and personal circumstances vary, so sometimes those in need of help just cannot travel either short or long distances for help. Under these circumstances MTM can provide counselling by 'phone using the same therapeutic approaches as in face-to-face sessions.

#### **SPIRITUAL DIRECTION/GUIDANCE**

Spiritual direction or guidance is essentially companionship someone in his or her spiritual life. Other ways of describing spiritual direction, includes holy listening, spiritual friendship or sacred journeying. It is about being present in the moment, seeing and honoring the sacred mystery of the soul of another. It is witnessing this mystery and reflecting it back in word, prayer, thought, presence, and action. Spiritual guidance is modeling a deep relationship with the Divine and standing in faith and love with the other as that relationship unfolds. Spiritual guidance is a journey of deep healing and an affirmation of Holiness (wholeness), the Sacred, and the Mystery of all of life.

