

Think Twice! Counselling Services

For a range of individual problems, including:

- Effects of experiencing abuse or violence
- Using abuse or violence
- Lack of self-acceptance and assertiveness
- Anxiety, panic or depression
- Bereavement and loss
- Stress or burn-out
- Emotional, physical or sexual abuse
- Self-harming or suicidal behaviour

For couples:

- Pre-marriage relationship preparation
- Relationship conflict counselling
- Partner violence counselling
- Separation counselling

For parents:

- Counselling to help you regain control of your domineering teenager or young adult *and* your life

Counselling can help you develop effective solutions so that you can change what's been happening. A trained counsellor will listen respectfully and without judgement as you talk about the problems you're having. Together you will get a clear picture of the issues contributing to your problems and be able to develop effective solutions. A counsellor provides encouragement and support as you put your solutions into action. Don't let guilt or shame stop you from getting help.

If you want to attend a group for people using abuse, but you're worried about talking in front of others, many have felt the same way. They soon realise others are in the same boat and they appreciate being able to listen to and help each other. They're surprised at how easy and relaxed it is. It can be a cost effective solution for you.

Fees are on a sliding scale according to income:

- Private counselling: \$45 to \$85 per session
Group program: \$25 to \$35 per session for 12 sessions
(GST included. Discount applies for advance payment.)

Impact of abuse or violence

On the victim:

Violence at the hands of someone we love and whom we thought loved us is devastating, whether it is a partner or other family member. The victim doesn't feel safe, especially if the violent person is their partner, the one person in the world the victim should feel safe with. It destroys the trust necessary for two people to maintain a satisfying relationship.

Victims of violence often experience a range of difficulties, including:

- Depression and/or anxiety
- Difficulty in sleeping; changed eating habits
- Agitation; easy arousal to anger; hypervigilance
- Physical symptoms due to stress
- Loss of self esteem and confidence; isolation

On the person being abusive:

Attention is usually focused on the victim of abuse. However, people being abusive also experience consequences as a result. Not the least of these is being the subject of an Apprehended Violence Order, which means arrest, a Court appearance, and the guilt and shame that comes with this. If it's your partner you've hurt, it may also mean losing your relationship, and being isolated from your children, other family members, or friends. It could even cost you your job if you are arrested. Sometimes, in an attempt to block out the emotional pain and the guilt, people who have been abusive may turn to excess alcohol consumption or even drug use. They can often feel too ashamed to get help.

On others:

The damaging psychological effects on children if they see or hear one parent abusing the other are well known. Children are very dependent on their parents for survival, and will feel unsafe if one parent is abusing the other. They can suffer physical and psychological symptoms as a result.

Other family members and relationships can suffer too as people try to cope with what has happened. Families can become divided, sometimes for a long time.

Think Twice! Counselling

**For people experiencing or
using abuse or violence
in their relationships**

**Think Twice! provides
counselling services for:**

- ▶ **People who want to end their abusive or violent behaviour towards partners or other family members**
- ▶ **Couples wanting to improve or repair their relationships**
- ▶ **Couples who want to separate without abuse or violence**
- ▶ **Individuals who have experienced abuse or violence**
- ▶ **Parents experiencing abuse or violence from older adolescent or adult children**

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Think Twice!

For people experiencing or using abuse or violence in their relationships

Couples and families are finding it more and more difficult to cope with the stresses of daily life.

For some it is a slippery slope from escalating conflict to abusive or physically violent behaviour.

And it's not limited to violence between partners. Increasingly, parents, often mothers, are experiencing controlling, abusive or even violent behaviour from older adolescent or adult children.

Hoping it will 'blow over' is not an effective solution, and angry feelings just build up until someone explodes.

At *Think Twice!* we provide private counselling or small group programs for:

- ▶ People who — want to stop or avoid abusive or violent behaviour
 - are experiencing abusive or violent behaviour.
- ▶ Couples who — want to repair or improve their relationships
 - are separating.
- ▶ Parents experiencing abuse from domineering older adolescent or adult children.
- ▶ People displaying abusive behaviour towards their parents or siblings.

Fees are on a sliding scale according to income:

Private counselling: \$45 to \$85 per session

Group program: \$25 to \$35 per session for 12 sessions

(GST included. Discount applies for advance payment.)

Don't wait until it is too late.

What will it cost you if you don't take action now?

You *can* have the relationships you want. It's up to you.

Ring now for a chat or an appointment.

Signs of an *Unhealthy* Relationship

- ◆ Rarely communicating respectfully with each other
- ◆ Putting the other person down and causing them to feel worthless
- ◆ Belittling or ignoring the other person's opinions or concerns
- ◆ Sacrificing friendships or family relationships for the sake of the other person
- ◆ Constantly feeling anxious, sad or angry around the other person

For intimate partner relationships in particular:

- ◆ One person taking charge and making decisions *without considering* the other
- ◆ Spending *too much* of your free time together
- ◆ Spending *little or no* free time together

Signs of an *Abusive* Relationship

- ◆ Frequent yelling or screaming at a partner
- ◆ Causing a partner to feel scared
- ◆ Using or threatening to use violence against a partner
- ◆ One partner constantly feeling anxious, sad, angry or scared around the other

For intimate partner relationships in particular:

- ◆ Telling the other person whom he/she can have as friends; being jealous; or always wanting to know where the other person is going
- ◆ Checking the other person's phone, mail or email
- ◆ Controlling how the other person dresses, looks or behaves most or all of the time
- ◆ Being unfaithful
- ◆ Coercing the other person to have sex using violence, threats or ridicule

Signs of a *Healthy* Relationship

- ◆ Mutually respectful and open communication
- ◆ Mutually respectful behaviour
- ◆ A balance between the needs of each individual
- ◆ Mutual support and encouragement
- ◆ Respect for each other's growth and development
- ◆ Consideration in decision-making
- ◆ Freedom from anxiety and fear around each other

Toni McLean

- Generalist Counsellor
- Specialist in abusive relationships
- Founder of the *Think Twice!* Programs

For people experiencing or using abuse or violence in their family relationships.

- ▶ **Individual counselling**
- ▶ **Relationship counselling**
- ▶ **Separation counselling**
- ▶ **Counselling for people who have been abused**
- ▶ **Counselling and group programs for people using abuse**

To talk with the counsellor or make an appointment:

Call: **0409 599 887 | 02 4800 9311**

Email: **info@thinktwiceprogram.net**

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