

## CONSULTING

Avigail offers group facilitation for debriefing, dealing with change and team building. She also offers training and workshops in communication, assertiveness and leadership for the corporate sector and the public service.

Carl G. Jung:

*"Learn your theories well,  
but put them aside when you touch  
the miracle of a living person".*

fully Human

**PSYCHOTHERAPY & COUNSELLING SERVICES**  
ABN 35 698 206 882

**Avigail Abarbanel**  
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Psychotherapy & Counselling  
Federation of Australia  
REGISTER MEMBER  
020122

*This counselling service  
is strictly*

- NOT a way to give the client all the answers
- NOT crisis intervention – in crisis or emergency please call Lifeline or the ACT Mental Health Crisis Assessment & Treatment Team.
- NOT for individuals who are addicted to drugs or alcohol. In order to use this service, people with an alcohol or drug problem must be well into recovery, and have a comprehensive and well established support network.
- NOT for individuals diagnosed with a Borderline Personality Disorder (BPD) or for people with a severe psychiatric diagnosis (e.g. Schizophrenia).
- NOT a substitute for necessary medical attention or hospital care.
- NOT a substitute for needed psychiatric care.
- NOT a 'repair shop' for the mind.

*Appointments, fees &  
cancellation policy*

- The initial consultation (first appointment) is a two-way assessment to decide whether this service is appropriate for you.
- Sessions are usually one hour long. Frequency of sessions is determined by the client based on the client's needs and in consultation with the counsellor.
- The consultation fee is payable at the end of each session by cheque or cash.
- A discounted rate is available for those who need it.
- 24 hours notice is required for cancellations of appointments – otherwise the full fee will apply.

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Email [avigail@netspace.net.au](mailto:avigail@netspace.net.au)

*A safe place for  
adult individuals and couples  
to deal with concerns like:*

- Depression
- Anxiety
- Eating disorders and body image
- Grief and loss
- Relationship difficulties
- Parenting/Infertility
- Life transitions
- Work and career
- Self-esteem
- Meaninglessness/direction/purpose
- Cross cultural issues
- Spiritual and religious issues
- General personal development needs

## ABOUT ME

I am a qualified counsellor and psychotherapist. I hold a Graduate Diploma in Individual Psychotherapy and Relationship Therapy from the Jansen Newman Institute in Sydney, and a Certificate in Gestalt Counselling from the Illawarra Gestalt Centre. I maintain my professional standards and wellbeing by attending regular supervision and participating in workshops, conferences and seminars.

I see adult individuals and couples on a wide range of life issues. I work with both heterosexual and same-sex couples. Being a migrant, I am well placed to work with people from diverse cultural backgrounds.

## PROFESSIONAL MEMBERSHIPS

- Registered Member of the Psychotherapy and Counselling Federation of Australia (PACFA) No. 020122 (For information on PACFA: [www.pacfa.org.au](http://www.pacfa.org.au))
- Full Member of the Counselling and Psychotherapy Association – Canberra Region (CAPACAR), formerly ANNC.

## MY APPROACH

Human beings are not 'broken objects' that need 'fixing'. We are all faced with challenges presented to us by our own nature and by our environment, and we all learn to adapt to these challenges. The ways in which we adapt (our creative adaptations) can turn into obstacles that can make life and relationships difficult, painful and unsatisfying. Therapy can help replace the old creative adaptations with new responses to life that serve us better.

I believe (and my work has confirmed this repeatedly) that people know the answers to their own questions and the solutions to their own problems. My job is to assist my clients to learn to trust what they know about themselves and their life so that they can discover their own answers. Counselling is a collaborative effort. I don't do anything to my clients. I work together with them and my role is to make myself redundant.

Counselling is confidential in accordance with the ACT Health Records (Privacy and Access) Act 1997.

## WHO NEEDS COUNSELLING?

All of us at one time or another may reach a point in our life when we feel stuck. This 'stuck' feeling may be related to relationships, work, parenting, major life changes, grief, loss or other aspects of life. It may be accompanied by feelings of dissatisfaction with life, self or others. It may involve high levels of anxiety, depression, reliance on ways of coping that do not serve us and those we love, a sense of meaninglessness, lack of energy and other physical and/or emotional symptoms that can severely compromise the quality of our life.

At such times it can be helpful to talk to a trained outsider. In a safe, caring and supportive environment people often gain new insight into their difficulties and can become aware of choices they did not initially recognise. In the safety of the counselling environment people are also invited to experiment with new ways of being in the world and to learn new skills and strategies such as assertive communication, setting boundaries and general emotional literacy.

The professional relationship between the client and the therapist can make it possible to face painful issues that were previously buried or denied. It is human to dislike pain but at times it can be necessary to go into our pain and through it in order to move ahead. Counselling often leads to a sense of inner movement, important shifts or changes, a sense of purpose and growth and to an improvement in relationships.

*"I really don't have any 'shoulds' about the purpose of life. I do have preferences, however, and my preference for my patients is that they learn how to be as alive and aware and as free as possible"*

*Stephen A. Tobin,  
'Wholeness and self-support',  
in Stevens O.J. (ed.) (1977).  
Gestalt Is. NY: Bantam Books.*

## RELATIONSHIP THERAPY

Most people today would like to share deep intimacy with their partner but few know how to achieve it. Intimacy was not so important to previous generations and so many of us have not had role models for intimacy, or coaching on how to develop it. It takes a great deal of personal development and emotional maturity to achieve intimacy in relationships especially when the initial 'in-love' period is over.

With financial, work and parenting pressures, individual desire for self-fulfilment, loss of community and other life challenges, the expectations from significant relationships can become too heavy. This can cause tension and anxiety that can result in feelings of distance from the partner, alienation, emptiness, disappointment, loss of love and good will towards the partner, anger, disillusionment and dissatisfaction. Therapy can help people use times of conflict and turn them into an opportunity for growth.

- Relationship therapy is balanced and respectful of both partners. Blaming is human but it is not helpful. Instead, the focus is on how each partner contributes to the dynamic in the relationship.
- Relationship therapy is challenging and requires courage and equal levels of commitment from both partners. With the therapist's help, partners will need to reach an agreement about the goals and the purpose of therapy.
- Relationship therapy must not be used by one partner to 'fix' or change the other.
- Relationship therapy teaches healthy relating skills, communication and conflict resolution skills.
- This service is not affiliated with any government or church organisation.

## SUGGESTED READING FOR COUPLES

- *Really Relating: How to build an enduring relationship* by David Jansen and Margaret Newman (ISBN 0 09 184006 6) Copies are available through this service.