

January 2008

Fully Human welcomes Ian Barnes



Ian (44), a former university lecturer and researcher in mathematics and computer science, has recently completed a two-year Graduate Diploma in Psychotherapy and Counselling at the Jansen Newman Institute in Sydney, including 120 hours of supervised clinical practice. Ian joins Avigail Abarbanel at Fully Human, and will start seeing clients in January 2008. Ian is committed to the same humanistic tradition that has always guided Avigail's work.

Individual therapy: As a generalist counsellor, Ian works with a variety of life issues such as depression, anxiety, self-esteem, grief & loss, relationship issues, meaning and purpose, career and personal development. Ian believes that counselling is a collaborative effort. People have the answers to their own questions and the solutions to their own problems. The counsellor's job is to assist clients to trust themselves and what they know, so that they can discover their own answers in a safe, supportive and confidential environment.

Couple/relationship therapy: Ian and Avigail will work together with couples. Husband/wife teams in relationship therapy are common around the world. This effective model offers a gender balance in the room, and helps maintain clarity and perspective. Same-sex couples are welcome.

Fees: \$100 per 60 minute session. (A concession fee is available for those who need it.) Payment is by **cheque** or **cash** and is due at the end of each session.

PLEASE NOTE:

- This service is for adults (18+) only.
- This service is strictly NOT for people with a severe psychiatric condition, drug and/or alcohol abusers or people with a personality disorder.

Contact:
Office - 02 6262 8191
Mobile - 0414 790 205
Email - barnes@grapevine.net.au

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