



The Sovereignty Christian

Counselling Centre offers caring

and confidential support by

qualified counsellors and registered

psychologists. We help individuals,

couples and families with issues

affecting their lives and wellbeing.

Our support is non-discriminatory

and based on a biblical perspective.

Fees and Payments

Our consultation fees are kept reasonable to benefit a wide range of people. The fee schedule can be viewed on our website sovereigntypsychology.com.au

Payments are due on the day of attendance and can be made by credit card, EFTOS or cash. Charges may apply for cancelled and missed appointments.

Appointments with a registered psychologist incur a higher fee to those of the counsellor however clients with private health insurance may receive a rebate. Alternatively you may also be entitled to a Medicare rebate with a referral from a GP to see a psychologist.

Appointments

Appointments are available during and after business hours from Monday to Saturday. The initial appointment can be booked in advance by calling:

(03) 8742 4468 Business hours

(03) 9016 0468 After hours

Subsequent sessions will be negotiated with your assigned counsellor / psychologist.



THE SOVEREIGNTY CHRISTIAN
COUNSELLING PRACTICE

Sovereignty



Psychology

THE SOVEREIGNTY
CHRISTIAN COUNSELLING
PRACTICE

Why attend counselling?

We all experience difficulties in our lives and relationships. Counselling provides time to reflect on and work through these issues in a warm and accepting relationship so you can grow as a person and learn to respond to life in a more helpful way.

It is a general misperception that counselling is only for major or serious mental health issues. Counselling can help when you are unhappy about your life, facing a crisis such as a recent separation or bereavement, or when you feel uneasy about what you are experiencing (such as self image, inability to sleep, or lack of motivation).

At Sovereignty Psychology, our team of professional psychologists and counsellors can assist you with:

- Stress & anxiety
- Relationship issues, divorce & separation
- Family issues
- Loss and grief
- Anger management
- Finding meaning
- Motivation & coping skills
- Life changes & crises
- Past trauma
- Abuse
- Domestic violence
- Sleep management
- Emotional disturbance
- Addictions & substance abuse
- Low self esteem
- Depression



What happens during counselling

Prior to the start of your counselling session, you will be asked to fill in some important forms which will provide your counsellor with relevant background information to assist you. You will also receive information about your rights and responsibilities and agreements.

The counselling process may be of a short duration (one to two sessions) or a longer duration (weekly sessions over several months).

During counselling, you will be listened to and encouraged to talk about your concerns, seek clarification and express your thoughts and opinions too. The counsellor will help you explore and implement skills to help you live better.

History

Sovereignty Psychology was founded in 2009 by Pastor and psychologist Peter Stanton, with the vision of combining best practice psychological counselling with biblical Christianity.

Sovereignty Psychology is located in a purpose-built premise at 151 Heaths Road Hoppers Crossing, and is expanding its number of counsellors and psychologists to continue this vision.

