



Who we are and how we developed:

LifeWorks Holistic Counselling Centre has emerged from the core values, ethos and vision of LifeWorks Personal Development Training Centre, which has been supporting our community since 2008. LifeWorks has a well-known and proven record of attention to compassionate care through adherence to our core purpose of authenticity, consciousness and mindful awareness.

Our Aims and Objectives:

LifeWorks Holistic Counselling Centre is based on the biopsychosocial model for the treatment of mental health, wellness and emotional needs by regarding a person as fundamentally interconnected in their biological, psychological and social dimensions. The purpose of the centre is to provide consistent and trusted support for psychiatric, psychological and supporting domains in both a community based and home based model. Our services are extended to Triage, Crisis Intervention, and Home Based Counselling in addition to exceptional Centre based services.

LifeWorks' team members work cooperatively for the holistic management of our clients' needs.





Our team:

Our multidisciplinary team brings rich experiences of various mental health professionals including psychiatrists, psychiatric nurses, psychologists, counsellors and psychotherapists, who work together to help and support people with a wide range of psychological needs. Our highly qualified team offers remarkable knowledge, skills and support to tackle the individual needs of our clients.

How will the team help me?

Our team will help identify your psychological needs, follow up on your progress, develop your strengths and help you meet your treatment goals.

Services offered from LifeWorks Holistic Counselling Centre include:

- Supportive Counselling
- Bereavement /Grief Counselling
- Cognitive Behaviour Therapy
- Psychodynamic Psychotherapy
- Mindfulness Practices
- Couples Therapy/ Relationship Counselling
- Insight Oriented Therapy
- Psychoeducation
- Family Counselling and Therapy

Psychiatry consultations are offered for various conditions including:

- Aggressive and Violent Behavior
- Anxiety
- Attention Problems
- Bipolar Disorder
- Depression
- Hallucinations
- Mood Disorders
- Panic Attacks
- Paranoia
- Personality Disorders
- Prenatal/Postnatal Depression
- Relationship Difficulties
- Self-harming
- Sleep Disorders
- Stress
- Eating Disorders

At Life Works Holistic Counselling Center, we provide unique services, including:

- Triage service for initial assessment and channeling of new clients to the appropriate service based on their psychological needs
- Home based services upon request

We offer a unique home based counselling service and crisis service.

We believe that healing best occurs in a natural environment with the support of family and friends.

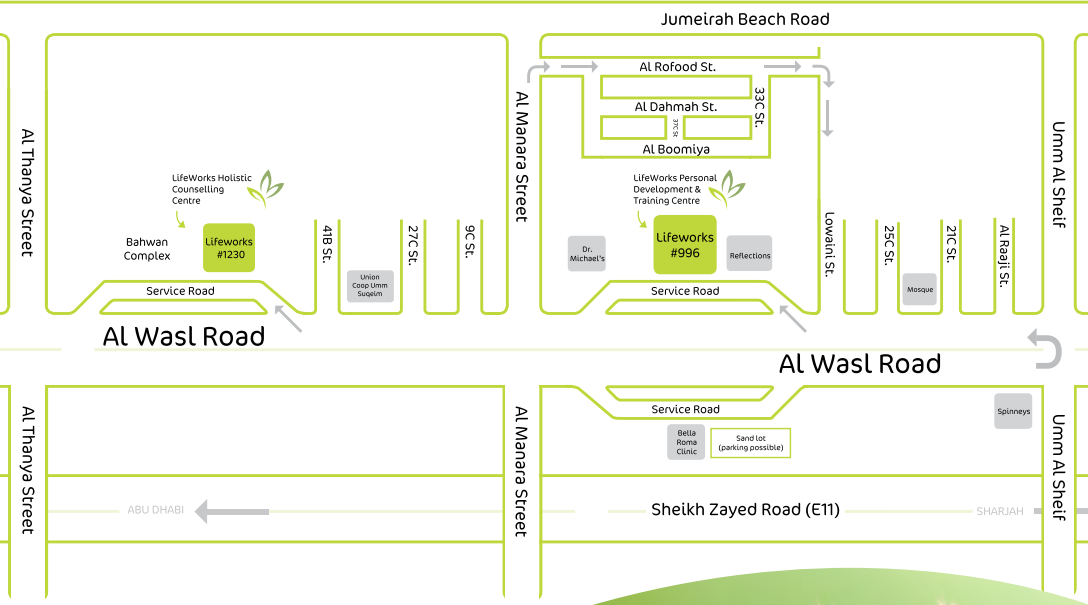
At LWHCC, we follow a collaborative treatment planning approach with our clients tailored to their mental health needs. By this approach, we aim at empowering our clients by giving them a leading role in their treatment plan, therefore enhancing their adherence to treatment. We aspire to be our clients' advocates and we plan to support them through their difficulties to reach their recovery goals.

As part of healthcare professional client collaboration in treatment planning, LWHCC will provide clients with individualized care plans, consisting of pre-planned treatment services. Patients will have a copy of this plan (Your Care Plan) and it will be utilized throughout their contact with the team. Your Care Plan will also help the patient understand how to fully utilize LifeWorks care and will include the previous treatment approaches when revisiting the centre. We believe this helps support relapse prevention.

What about confidentiality?

The ethical conduct at LWHCC mandates patient confidentiality. Any information related to our clients will strictly be shared among the involved mental health care professionals involved in their treatment plan to provide the utmost care.

We provide a triage service and aim to contact the client within 1 hour of referral.



For more information about our services please contact: 04 224 5736
 For appointments and Triage in to our service, please contact Crisis line: 04 224 5736
 Email info@lifeworksfoundation.com

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