

## **Counselling for Women by Women**

Counsellors at Sydney Women's Counselling Centre(SWCC) all have professional qualifications; work with an integrative style and holistic approach. They may use a range of techniques that are drawn from different counselling models, which are utilized within the framework of the Social Determinants of Health and Trauma Informed Care.

Counselling is a professional relationship between a counsellor and a client where the client is treated with respect and positive regard and where the client can freely discuss their concerns in a safe and confidential space

When you contact us we will arrange a mutually convenient time for a telephone or in person therapeutic screening which helps us to determine the best care to meet your individual needs.

Counselling is provided free of charge  
SWCC has Public Benevolent Institution status  
Donations are welcomed and are tax deductible

## **Trauma Counselling What to expect**

Counselling is underlined by a focus on

- Physical and Emotional Safety
- Trustworthiness
- Empowerment
- Collaboration
- Choice

and a practice ethic to avoid re-traumatization for clients who have current and past experience of trauma

At the commencement of counselling, you can expect your counsellor to discuss with you the counselling process, your goals and your readiness to make a commitment at this time in order to come to a plan that can meet your needs.

We won't jump straight into your trauma . Ensuring your emotional, psychological and physical safety will come first.

Trauma and its impacts is very complex. trauma counselling will link all the pieces of your story past and present to create a meaningful understanding of what happened to you and what you did to survive and how you ended up where you are today

## **Trauma Counselling What to expect**

To process trauma safely counselling will help you identify your everyday triggers into trauma and most importantly help you develop skills to better manage those triggers without resorting to unhelpful and harmful behaviors.

This stage of trauma counselling seeks to help you cope with and rebuild your life and to rebuild healthy relationships with yourself and others.

Your trauma experiences and survival story is central to your healing and will unfold as best fits you as counselling progresses and you can utilize skills to process them in a safe way.

Trauma counselling can take time. It's not a straight line process and there may be ups and downs along the way that may challenge you but it is essentially a process of personal growth and empowerment achieved through a trusting and non judgmental collaboration between you and your counsellor

**SWCC has held continuous  
Accreditation since 1998**

**SWCC employs professional, qualified  
Counsellors/Psychologists/Social  
Workers who are registered with  
professional bodies.**

## A CENTRE FOR WOMEN

Sydney Women's Counselling Centre (SWCC) is a specialist counselling service that works within a Social Determinants of Health and Trauma Informed Care framework providing counselling to women, primarily to those who are marginalised and socio-economically disadvantaged.

The services provided support the psychological and emotional wellbeing of women while recognising the social, environmental, economic, physical and cultural factors which affect women's health.

Client-focused confidential counselling is conducted in a supportive, trustworthy and respectful environment.



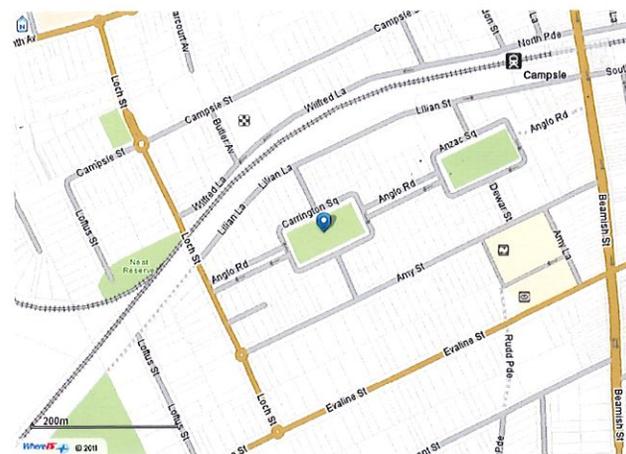
Please contact the Centre for an appointment.  
Self and organisational referrals accepted.

## Sydney Women's Counselling Centre

4/2 Carrington Square Campsie NSW 2194  
P: 02 9718 1955  
E: [help@womenscounselling.com.au](mailto:help@womenscounselling.com.au)  
W: [www.womenscounselling.com.au](http://www.womenscounselling.com.au)

Opening hours: Monday to Friday  
9am to 4.30pm

### HOW TO FIND US



We are located 5 minutes walk from Campsie Railway Station (Bankstown Line)

Bus Services: 400 (accessible for people with disabilities), 412, 413, 487, 492, 494

On street parking:  
no meters surrounding the centre

Wheelchair accessible and occasional childcare available adjacent to the Centre

## WHAT IS TRAUMA COUNSELLING ?



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