

## *Finding a shared understanding of challenging situations*

### What is Counselling?

Counsellors work with people to find a shared understanding of challenging emotional situations. Mindfully observing and discussing experience, meaning and emotional responses to past, present and potential future situations, can help manage fears and expectations.

Whether life-long or acquired/diagnosed later in life, a disability can be a complex part of an individual's identity. Without support to understand the underlying impact that living with a disability can have, a person is often vulnerable to increased experiences of anxiety, depression and a negative sense of self. Social isolation, grief and loss, traumatic experiences and overwhelm, independence and organisational challenges are typical life events that can contribute to reduced resilience and an ongoing state of dis-ease.

Our counselling therapeutic support can involve:

- intentional problem solving and goal setting
- exploration of neurodiversity-specific issues
- cultivating curiosity about emotional regulation, literacy and acceptance
- encouraging growth in resilience and capacity for function and experience
- recognition and formation of interpersonal skills such as healthy boundaries.

Counsellors use a range of culturally appropriate, current, evidence-based skills and therapies to help people manage their challenges and goals. This can include person-centred, strengths-based approaches and may include Narrative Therapy, Cognitive Behavioural Therapy (CBT), EMDR (Eye Movement Desensitisation and Reprocessing), and other mindfulness-based somatic therapies.



The unique access to the calming garden environment that Kevin Heinze Grow's setting allows can also assist people who may find a more clinical setting confronting and can often allow greater therapeutic insights and enhanced wellbeing.

### Who we work with

At Kevin Heinze Grow we work with adolescents and adults aged 16+ who have a lifelong disability and/or an acquired disease or condition, such as Autism, Intellectual Disability, Parkinson's Disease, Dementia, Stroke, or Acquired Brain Injury (ABI).

Access to our Counsellors at Kevin Heinze Grow can be done through:

- private funding
- National Disability Insurance Scheme (NDIS)
- Transport Accident Commission (TAC).

To discuss individual needs, please get in touch with our dedicated Client Services team.

**FIND OUT  
MORE**

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