

ONLINE COUNSELLING FOR TRAUMA AND ANXIETY

Do you often feel overwhelmed with feelings of anxiousness, grief loneliness, detachment,

Do you find it hard to connect with others, be in the present, let go of the past or feel happy?

Then we're confident we can help! Contact us today to book a complementary consult with us

Are you looking for Positive Change?



CONTACT ADAM
THE CLINIC MANAGER
TODAY



FOR MORE INFORMATION

EMAIL | adam@positivesteps.info
WEBSITE | positivestepsclinic.com.au

CONTACT US

0466 845 820
THE FIRST STEP IS MOST IMPORTANT

FOR A FREE CONSULTATION

SPEAK WITH ADAM THE CLINIC MANAGER



OPERATING & TRUSTED
ACROSS AUSTRALIA

Welcome to Positive Steps Mental Health Clinic!

At Positive Steps, we are committed to providing comprehensive mental health care and support to individuals struggling with various challenges. Our dedicated team of experienced professionals specialises in therapy for trauma and anxiety, as well as the development of management plans for psychosocial conditions such as OCD, bipolar disorder, autism, ADHD, BPD, and DID. We strive to improve the lives of our clients by offering personalised treatment and empowering them to lead fulfilling lives.



Therapy for Trauma and Anxiety:

Our clinic recognises the profound impact that trauma and anxiety can have on a person's well-being. We offer evidence-based therapies tailored to address these specific concerns, such as Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and Exposure Therapy. Our compassionate therapists provide a safe and supportive environment, guiding clients towards healing, resilience, and emotional growth.

- Childhood trauma
- Bullying
- Sexual Abuse
- Loss & Grief
- Domestic violence
- Abandonment
- Fear of not being good enough
- Physical accidents / trauma & Disabilities



Management Plans for Psychosocial Conditions:

Understanding the unique challenges associated with psychosocial conditions, we provide comprehensive management plans that are individually tailored to each client's needs. Our team works collaboratively to assess, diagnose, and develop personalised treatment strategies to address conditions such as:

1. Obsessive-Compulsive Disorder (OCD): Our therapists utilise specialised techniques, including Exposure and Response Prevention (ERP), to help individuals manage intrusive thoughts and compulsive behaviours, allowing them to regain control over their lives.
2. Bipolar Disorder: Through a combination of medication management, therapy, and lifestyle adjustments, we assist individuals in stabilising their moods, managing episodes, and developing coping strategies for long-term well-being.
3. Autism Spectrum Disorder (ASD): Our clinic provides a holistic approach to support individuals with ASD, focusing on their unique strengths and challenges. Our team helps individuals develop social skills, manage sensory sensitivities, and navigate the complexities of daily life.
4. Attention-Deficit/Hyperactivity Disorder (ADHD): We offer comprehensive assessments and treatment plans for individuals with ADHD, incorporating therapy, medication management, and practical strategies to improve focus, organisation, and self-regulation.
5. Borderline Personality Disorder (BPD): Our compassionate therapists provide Dialectical Behaviour Therapy (DBT), helping individuals manage intense emotions, improve relationships, and develop a strong sense of self-identity.
6. Dissociative Identity Disorder (DID): Our clinicians offer specialised therapy for individuals with DID, working collaboratively to establish safety, integration, and co-consciousness, fostering a sense of wholeness and stability.



Improving Lives:

At Positive Steps, our ultimate goal is to empower our clients to lead fulfilling lives. We believe in a client-entered approach, where each individual's unique experiences and goals are honoured and respected. Our therapists provide a supportive and non-judgmental environment, fostering growth, resilience, and self-acceptance. Through evidence-based interventions, personalised care plans, and ongoing support, we strive to improve the well-being and quality of life for all our clients.



Take the Positive Steps towards a brighter future. Contact us today to schedule a consultation and begin your journey towards mental well-being.

Summary of Therapies commonly used at our clinic:

Psychodynamic Therapy: Exploring Unconscious Influences:

Psychodynamic therapy focuses on unconscious thoughts and feelings that shape behaviour and relationships. It helps individuals understand how past experiences and conflicts affect their present thoughts, emotions, and behaviours. This therapy can be beneficial for trauma and anxiety by uncovering underlying causes, promoting self-awareness, and improving relationships.



Narrative Therapy: Creating Empowering Narratives

Narrative therapy helps individuals make sense of their experiences within the context of their life story. It is effective for trauma by shifting the focus from the event to how individuals coped and made meaning of it. By developing empowering narratives, individuals can reduce the negative impact of trauma and build resilience.

CBT: Changing Thoughts and Behaviours

Cognitive-behavioural therapy (CBT) examines the relationship between thoughts, emotions, and behaviours. It helps individuals identify and modify negative thought patterns and behaviours contributing to their distress. CBT is extensively researched and effective for trauma and anxiety, reducing symptoms, improving functioning, and preventing relapse.

Self-Talk: Impact on Emotions and Behaviours

Self-talk refers to our internal dialogue and beliefs. Negative self-talk can contribute to low self-esteem and anxiety. In counselling, individuals can identify and challenge negative thoughts, adopting more balanced perspectives. Positive self-talk can increase self-worth and confidence, serving as a coping strategy to manage anxiety and negative emotions.



Mindfulness: Present-Moment Awareness

Mindfulness involves non-judgmental attention to the present moment. In trauma and anxiety counselling, mindfulness helps regulate emotions, reduce anxiety, increase self-awareness, and improve overall well-being. Techniques like meditation, deep breathing, and body awareness exercises are beneficial.

Solution-Focused Therapy: Goal-Oriented Approach

Solution-focused therapy focuses on the present and future, helping individuals identify goals and develop plans to achieve them. It empowers individuals by utilising their strengths and resources. This therapy improves overall well-being, self-awareness, self-acceptance, and relationships.

Play Therapy: Expressing Through Play (6-12-year-olds)

Play therapy uses play and creative activities to help children express thoughts, resolve emotional conflicts, and improve social skills. Through directive and non-directive play therapy, children engage in safe communication. Play therapy benefits children with trauma, grief, anxiety, depression, behavioural problems, and developmental delays, allowing them to cope with emotions, improve communication, and develop adaptive behaviours.



Discovering Your Values: Value-Focused Therapy:

Value-focused therapy is an approach that helps individuals identify and clarify their personal values. It involves exploring what is truly important to them and aligning their thoughts, emotions, and behaviours with those values. This therapy can be helpful in guiding decision-making, enhancing self-awareness, and fostering a sense of purpose and fulfilment.

Identifying Self-Fears: Overcoming Emotional Barriers & False Beliefs

In therapy, individuals may also work on identifying and addressing self-fears, such as fear of rejection, abandonment, or failure. These fears can significantly impact one's thoughts, emotions, and behaviours. By recognising and understanding these fears, individuals can develop strategies to overcome them and build resilience. Therapy provides a safe and supportive environment to explore and challenge these emotional barriers.