

Collaborative Connections Counselling

You do not need to have the right words. You do not need to have everything figured out. You just need to take the first step. We move gently, at your pace, towards a steadier and stronger future. And if healing were a road, this would be the moment you stop walking alone and let someone walk beside you.

Feeling overwhelmed, stuck, or not yourself?

You do not have to do this alone. School, friends, family, pressure, expectations. It can all pile up fast. Counselling is a place where you can talk things through, without judgement, pressure, or being told what to do.

What counselling can help with

Counselling can support you if you are dealing with:

- Anxiety or constant worry
- Feeling low, flat, or unmotivated
- Stress from school or exams
- Anger or big emotions
- Friendship or relationship problems
- Family difficulties
- Trauma or scary experiences
- Grief or loss
- Low confidence or self esteem
- Feeling different or not fitting in

Who is Grant?

Grant Finlay is a qualified counsellor with over 20 years of experience working in schools. Before becoming a counsellor, he worked as an English, Literature, and Drama teacher and later as a deputy principal. Grant understands the challenges faced by school aged young people and their families. His background in education helps him support students in a calm, practical, and understanding way.

Approaches

I use simple, practical approaches that are easy to understand and actually useful in real life.

CBT tools

Helps you understand how thoughts, feelings, and behaviours connect.
Great for anxiety, stress, anger, and confidence.

Solution Focused Therapy

Looks at what is already helping, even in small ways.
Focuses on strengths, goals, and moving forward.

Parts Work

Helps you understand different parts of yourself, like the anxious part, angry part, or shut down part.
Teaches ways to calm your system and feel more in control.

My Eye Movement Therapy

Approaches:

Sometimes talking is not enough, especially when things feel stuck in your body or reactions feel automatic.

Eye Movement Therapy helps the brain process difficult experiences so they feel less intense.

EMDR (Eye Movement Desensitisation and Reprocessing)

Helps reduce the impact of trauma, anxiety, panic, and distressing memories. The memory stays, but it feels calmer and easier to manage.

EMIT (Eye Movement Integration Therapy)

A gentler approach that helps your nervous system settle when stress or anxiety feels ongoing.

IEMT (Integral Eye Movement Therapy)

Helps change strong emotional reactions and beliefs like:

“I’m not good enough”

“I’m always anxious”

“I’m not safe”



Call, text or email at:

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 **www.collaborativeconnectionsounselling.com.au**

Support with overcoming barriers

I help people overcome barriers that make life feel hard or overwhelming.

This can include:

- Low confidence
- Anxiety
- Fear of failure
- Past trauma affecting motivation
- Difficulty trusting others
- Feeling “not good enough”
- Trouble with routine or structure

Together we can work on:

- Building confidence
- Preparing deadlines and tasks
- Managing anxiety
- Improving communication
- Setting healthy routines
- Developing motivation and focus
- Coping with stress and change

Life skills support

I help people build everyday skills that support independence and wellbeing, including:

- Managing emotions
- Problem solving
- Communication skills
- Self-care routines
- Time management
- Healthy boundaries
- Decision making
- Building confidence and self-belief

These skills help people feel safer, stronger, and more capable in their lives.