



Current worldwide trends indicate that more people require and seek support regarding psychological and emotional well-being.

“When we are no longer able to change a situation, we are challenged to change ourselves.” - Viktor Frankl

Negative thought patterns and feelings of anxiety, fear, doubt and isolation are commonly experienced. We all are trying to navigate and adapt to a changing environment and therefore the need for support increases.

Hanelie is continuing to provide a professional counselling service to students, parents, staff and community. Hanelie is a member of PACFA (Psychotherapy and Counselling Federation of Australia) and completed a Dip. Counselling & Bachelor of Counselling through ACAP (Australian College of Applied Psychology). Hanelie is passionate about mental health and providing support to clients with qualities such as empathy, congruence and positive regard.

Counselling service delivery is changing from face-to-face in office sessions to electronic methods. Counselling sessions will be provided electronically or by phone. These practices are successfully implemented worldwide. Skype or FaceTime will be used as electronic methods. Please note that FaceTime can only be used with Apple devices. Changes to service delivery will be revised in future as the pandemic passes.

The response I have received regarding conducting of counselling session via electronic methods are positive.

Cost: A session will continue to be priced at \$15-00 to assist with covering of professional expenses. This fee is well below market rates.

**Please feel free to contact Hanelie at
0450 022 502 or email: hanelie.swart@gmail.com with questions or
to book an appointment.**