

Peer Support Groups

Different support groups or workshops are offered at Independence Australia through the Psychology Service.

Groups vary in their focus and may be specific to people with a physical disability or their family members.

For more information on the support groups currently running, please visit our website at: www.independenceaustralia.com

Further information

For more information please contact the Independence Australia Psychologists:

Tel: 1300 704 456

Fax: 1300 704 451

Email: psychology@independenceaustralia.com



About Independence Australia

In December 2008, our new brand, Independence Australia was officially launched nationally.

This occasion celebrated a new and defining chapter in our 50 year history, as we continue to strive to support people in their dreams and aspirations of independence.

Our initial focus in the 1950's was primarily on people in Victoria with spinal cord injuries.

Today, however, this new brand is 'Independence Australia' and represents one integrated organisation with two primary focus areas; Community Solutions (specialised services and care for people with a disability or physical need) and Health Solutions (continence, wound care, other personal healthcare products and rehabilitation equipment services).

independence AUSTRALIA
supporting people...

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Psychology & Counselling

Counselling and support for people with physical disabilities and their families



www.independenceaustralia.com

About Psychology Services

Independence Australia recognises that counselling helps people achieve greater health and happiness in their lives. Our team of registered psychologists are trained and experienced in counselling people who are living with the challenges associated with a physical disability.

The Psychology Service was established as a result of generous community donations to the Robert Rose Foundation. With the ongoing support of the Pratt Foundation, we are able to provide many of our services free of charge.

Who can use the service?

Our service is available to anyone who is:

- an individual living with a physical disability (e.g. spinal cord injury, multiple sclerosis, polio etc) or
- a family member and/or partner of a person with a physical disability

What can we help with?

- Depression
- Grief and loss
- Adjustment to living with a disability
- Anger and frustration
- Intimacy and sexuality concerns
- Self-esteem
- Family and relationship conflict
- Stress and anxiety
- Identity issues
- Thoughts of suicide
- Social isolation
- Disability and ageing
- Pain management

**“It’s good to
know that I am
not alone in this**

”



How does Therapy / Counselling Work?

The Psychology Service offers a confidential, supportive and non-judgemental therapy / counselling service in which clients can:

- Seek support, information or feedback
- Gain a better understanding of what they are experiencing
- Discover different perspectives to their situation
- Discuss choices or opportunities
- Gain insight into personal strengths and challenges
- Explore ways of coping with troubling thoughts, emotions or situations

The specific purpose or aim of therapy varies from person to person, and depends upon each individual’s situation and needs. Goals of therapy are discussed in initial sessions and are client-driven.

How can I access the Psychology Service?

You can call us directly, or someone else can put in a referral for you. We will then contact you and briefly ask about your situation and concerns, to make sure our service is suitable for you. An initial appointment will then be made.

Usually the initial sessions will involve the gathering of some background information, and clarifying the issues you may like to address.

Our services are available during business hours 9am - 5pm. After hours or crisis services are not available, however, we can provide a list of relevant services.