

**Beneficent**  
positive solution architects



# **COUNSELLING AND SUPPORT SERVICE**

**(a non-scheduled service)**



## **Counsellor**

**Hannah Woods**

**Master of Counselling  
(Telehealth via Zoom)**

Hannah is a dynamic and empathic Counsellor with a passion to help individuals develop insight, understand, manage, and overcome personal difficulties to achieve a return to work.

Hannah uses a trauma-informed, strengths-based, and client-centred approach that empowers clients to achieve their unique goals. Her intuitive ability empowers clients to take control of their lives and actively engage in their recovery.

Hannah strongly supports the health benefits of good work and her counselling approach promotes self-awareness and emotional regulation, inspiring clients to find their internal resources and build on their capacity to move forward to a return to work.

Hannah develops Individualised treatment plans that are formed through an integration of Evidence-Based Practice therapies including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness and Trauma-Informed Psychotherapy

## **CONTACT US**

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**Beneficent Pty Ltd  
ABN: 34631474309**

# What is this service, and how does it work?

## Service Description

Counselling and coaching support to injured workers in order to deal with the various challenges of being injured at work, promoting positive mental health and returning to good work

## Structure of service

### Option 1

3-hour initial assessment - includes an assessment by the counsellor and a brief report with recommendations for ongoing sessions  
OR

### Option 2

Refer the injured worker through for a set number of sessions

## Who is the service recommended for?

Injured workers who :

- are not ready to address emotions as yet – but need emotional support – not coping with the change in life circumstances.
- are post completion of Thrive where they are still struggling to move forward and require additional mental health assistance
- don't have the literacy or ability to cope with Thrive content but still require counselling/coaching support

*"Counselling Support services are individualised counselling sessions to assist to gain insight into emotional and behavioural issues, manage effects of trauma, and achieve personal, social, and vocational development"*

**Want to ensure your regional and housebound clients can access support services?**

***Remote servicing via Zoom ensures no-one misses out on accessing the service***

NOTE: For Mt Gambier clients, sessions can be conducted via zoom in our local office

## Locations

283-287 Sir Donald Bradman Drive Brooklyn Park SA 5032

Room 3, West Wing  
Innovation House, Mawson Lakes Blvd, Mawson Lakes, SA 5095

Stretton House  
307 Peachey Rd  
Munno Para, SA 5115

The Convent  
20 Penola Rd  
Mt Gambier, SA 5290

