

Beneficent
positive solution architects



Counsellor

Hannah Woods

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Beneficent Pty Ltd

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Hannah is a dynamic and empathic Counsellor with a passion to help individuals develop insight, understand, manage, and overcome personal difficulties. She uses a trauma-informed, strengths-based, and client-centred approach that empowers clients to achieve their unique goals. Hannah has an innate ability to quickly establish rapport and trust with a diverse range of clients. Her intuitive ability helps clients to uncover underlying and unconscious themes and patterns and empowers clients to use their developed insight to take control of their lives and actively engage in their recovery.

Hannah's holistic approach promotes self-awareness and emotional regulation and inspires clients to find their internal resources and build on their capacity to move forward. Individualised treatment plans are formed through an integration of Evidence-Based Practice therapies including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness and Trauma-Informed Psychotherapy

COUNSELLING AND SUPPORT SERVICE

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

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

Ongoing sessions

Recommend 0 -10 sessions maximum

When is the service recommended?

- Not ready to address emotions as yet – but need emotional support – not coping with the change in lifestyle.
- Post completion of Thrive where the worker is still struggling to move forward and requires additional mental health assistance
- For workers that 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"

Hannah Woods



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

Select remote servicing via Zoom

Locations

283-287 Sir Donald Bradman Drive Brooklyn Park SA 5032

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