

Beneficent
positive solution architects



COUNSELLING SERVICE



Counsellor

Hannah Woods
(NDIS and Self Insurance)
(Telehealth Only)

Hannah and Simon are dynamic and empathic Counsellors with a passion to help individuals develop insight, understand, manage, and overcome personal difficulties. Both use a trauma-informed, strengths-based, and client-centred approach that empowers clients to achieve their unique goals, take control of their lives and actively engage in their recovery.

Hannah and Simon strongly support the health benefits of good work and their 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 and Simon develop Individualised treatment plans that are formed through an integration of evidence-based practice, including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness and Trauma-Informed Psychotherapy

CONTACT US

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Beneficent Pty Ltd

ABN: 34631474309

Counsellor

Simon Cho

(RTWSA, Self Insurance and NDIS)

(face to face and Telehealth)

Fluent in Cantonese and Mandarin



What is this service, and how does it work?

Service Description

Counselling support to individuals in order to deal with the various challenges of life and work, promoting recovery and positive mental health

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

The individual can book a set number of sessions

Who is the service recommended for?

Individuals who :

- are not ready to address emotions as yet – but need emotional support – not coping with current life circumstances.
- are struggling to move forward in life and work and require additional mental health assistance
- require assistance to achieve vocational development and confidence

"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?

Select remote servicing via an online medium

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

We 
ndis

Locations

Head Office
Shop 2, 18-22 Hurtle Parade
Mawson Lakes SA 5095

Woolcock Group Serviced Offices
6A/938 South Road
Edwardstown SA 5039

Stretton Centre
307 Peachey Road
Munno Para SA 5115

The Convent
20 Penola Road
Mt Gambier SA 5290

