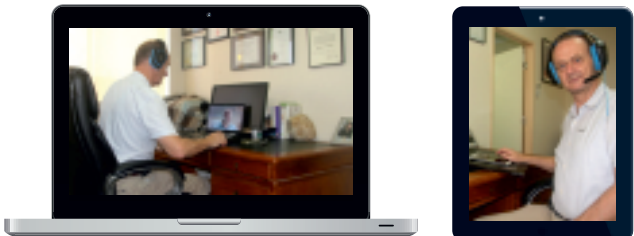




My therapeutic framework is called Solution Focused Brief Therapy, i.e. a present and future solution focused treatment approach, rather than a problem focused approach. If you are troubled by various aspects of your life and want to make some changes, then why not call now for a complementary 10 mins discovery chat to see what can be done.

Just imagine!



ONLINE COUNSELLING

- ✓ Convenient
- ✓ As Effective as Face-to-Face
- ✓ Secure
- ✓ No Travelling
- ✓ Confidential
- ✓ Private

Please contact me for more information

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ONLINE

COUNSELLING
Healthcare at your finger tips

WhatsApp: +81 8051 206 364



Hi. My name is Crispian Jones and at Seachange Counselling (formerly Seachange Psychology) my focus is online counselling. Telehealth, as it is sometimes called, allows you to reach out to me, from the privacy of your own home, office or even a motel room if you are travelling. There are no travel expenses / parking problems, it saves time and protects your health (germ free space).

The service is confidential, secure and private (no waiting rooms). Importantly, the therapeutic outcomes are just as good as face-to-face counselling.

ISSUES THAT CAN BE TREATED ONLINE

- ✓ Depression
- ✓ Relationship Issues
- ✓ Phobias
- ✓ Loss + Grief
- ✓ Anxiety + Panic Disorders
- ✓ Trauma + PTSD
- ✓ Anger Management Issues
- ✓ Stop Smoking

WHAT WILL YOU NEED TO ACCESS THIS SERVICE?

- ✓ A computer with a good camera, and a reliable internet connection.
- ✓ A set of ear phones or ear buds, particularly useful if hypnosis is involved.
- ✓ A distraction-free space, where you can focus for your entire 55-minute session.

Crispian Jones
Counsellor

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