

fabric of life

counselling & psychotherapy



Talking to a professional counsellor can help with (among other things):

- stress & anxiety
- anger, frustration & depression
- loneliness
- sadness, grief & loss
- adjusting to change
- addiction
- work-related issues
- interpersonal communication & conflict resolution
- personal growth & self-improvement
- relationship difficulties
- intimacy & sexual issues
- family separation
- roles and parenting
- re-partnering and family dynamics
- retirement
- life transitions

What is counselling?

Counselling is a process of supporting people to identify and work through issues that may be affecting their personal relationships, family dynamics, social or work life. These may include difficult recent experiences or past issues that are affecting their feelings and behaviours, the way they see themselves or the way they interpret and interact with the world.

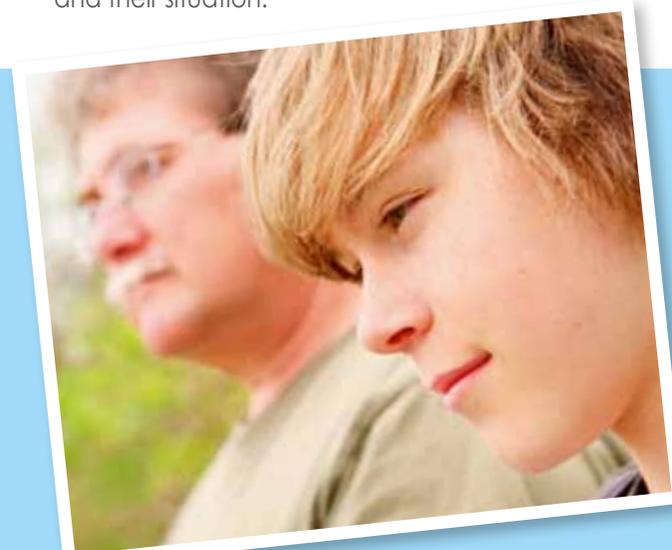
Individuals from all walks of life seek counselling, including single people, couples, families, children and adolescents.

Why do people come to counselling?

Sometimes we feel life is unravelling, an emotional block leaves us tied up in knots, or negative behaviour patterns continue to bring us undone.

There are many reasons why people seek counselling – each client is as individual and unique as the problem they are experiencing. However, having worked through their issues in a supported way, clients most commonly feel a sense of relief, having gained greater insights and a deeper level of understanding of themselves and their situation.

“I feel so much better having talked about this, like a weight has been lifted off my shoulders. It's nice to know I'm not alone.”



Mali Farnell
Professional Counsellor

...weaving the threads together

What happens in counselling?

For some clients, simply talking through issues can be a helpful and transformative process, whilst others may require more specific guidance or strategies to support them through a particularly difficult time.

Being a collaborative relationship, the counsellor and client work together in a safe and nurturing environment to constructively address issues, provide the client with new skills and the opportunity to draw meaning from their experience as they bring about positive change in their life.

Working together with the counsellor, as the client, you'll have the opportunity to see how counselling can work to address your needs. The counsellor will outline the suggested approach and summarise those areas they feel may require attention. As the client, the decision rests with you as to what you would like to focus on and when. A gentle process, the counsellor and client work at a pace that is comfortable for the client. Sometimes 'homework' will be suggested so you have the opportunity to review insights and practice newly learned skills outside of the counselling sessions. This can often expediate the counselling process and help you to achieve outcomes sooner.



What is the difference between counselling & psychotherapy?

There is no defining difference between the two practices, other than counselling is usually short term with the intention of achieving a specific goal, whereas psychotherapy explores issues in greater depth and can involve longer term work.

A major misconception about therapy is that seeing a counsellor is a sign that someone is flawed. Recognising the need for help and seeking professional therapy is a sign that you are ready to take responsibility for confronting and overcoming difficulties, in order to live a freer, more fulfilling life.

Taking the First Step

Deciding to seek help and then choosing a counsellor can sometimes be a daunting prospect, especially if you are already feeling emotionally overwhelmed. The first step is a short phone conversation during which you can raise any questions you have, and talk a little about your situation. You can do this by calling Mali Farnell directly, or sending her an email with your contact details. Should you wish to explore counselling further, Mali will then arrange a meeting at a time that suits you.



About your counsellor

Mali Farnell worked as a weightloss counsellor in the 1990's and is a qualified and registered professional counsellor with over 10 years experience working with special needs.

She holds a Diploma of Professional Counselling and has completed additional study majors in Relationship Counselling, Grief and Loss Counselling and Workplace Counselling.

Mali has a keen interest in helping people to draw meaning from their personal experiences as they bring about positive change in their life.

"I find the nature of counselling deeply rewarding and enjoy the caring relationship I share with my clients. I work hard alongside them to achieve the outcomes they desire to improve the quality of their lives... It's an honour to do the work I do"

- Mali Farnell.

"I felt like everything was out of control. I didn't know where to start.... Mali helped me to break it all down so it felt more manageable and then we worked on each issue as it arose. I'm in a much better head space today, but I know I can always go back to her if things get too much again".

Counselling rooms in the Dandenong Ranges and inner eastern suburbs.
Affordable fee structure.
Referral not required.



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Mali Farnell

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