

# Individual Counselling

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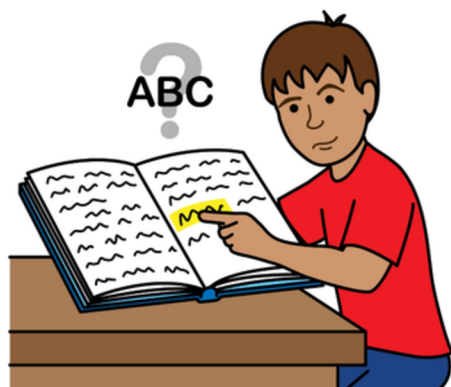
# About this book



This book is written by Sexual Health and Family Planning, also known as SHFPACT.



It tells you about what happens when you have individual counselling with a Relationships and Sexuality Counsellor.



We use some hard words in this book.

The first time hard words are used they are **bolded**.

We will then tell you what the hard words mean.

There is a hard words list on page 15.

# What is in this book?

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# What is individual counselling?



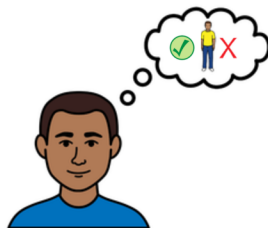
Individual **counselling** means that you talk to the **counsellor** on your own.



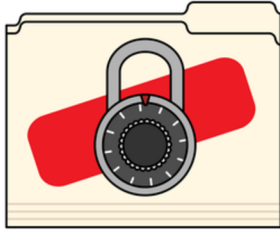
Counselling is an appointment with a counsellor where you talk about your thoughts and feelings.



A counsellor is a professional who listens to your worries.



You can choose to have a support person with you if you want.



What you tell a counsellor is private.



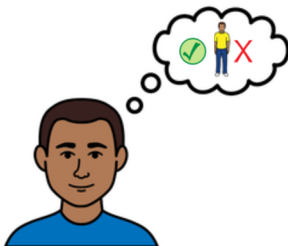
They can not tell anyone what you tell them unless they are worried about someone's safety.



It is your choice if you want individual counselling.



No one can make you go.



You can change your mind at any time about if you want to go.

# What is relationships and sexuality counselling?



Relationships and Sexuality Counselling is where you talk to a counsellor about relationships and **sexual health**.

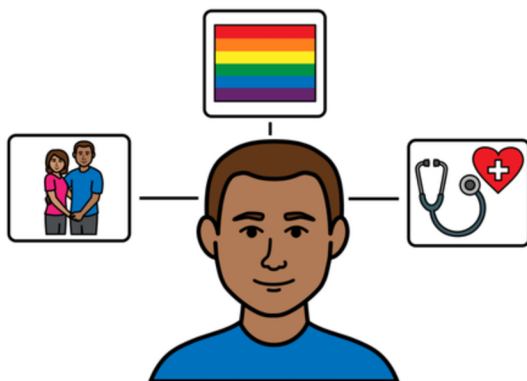


Sexual health is a part of your overall health.

Everybody has sexual health whether they have sexual activity or not.

Relationships and sexuality counselling can help

u learn about



- safe and healthy relationships
- sexuality
- good sexual health

# How can a relationships and sexuality counsellor help me?

A counsellor can help you



- understand relationships or sexual experiences
- learn new skills to help you with your goals

You can choose



- what you want to talk and learn about
- how long the appointments are
- how many appointments you want

# What can I talk about in counselling?

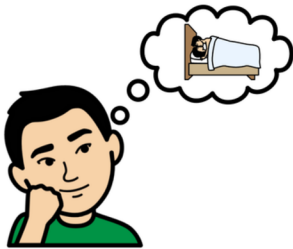


The first thing you will do in this type of counselling is talk about what helps you feel safe and comfortable.



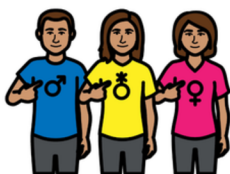
There are lots of topics you might talk about.

like



- healthy relationships
- thoughts and emotions
- things that have happened that did or did not feel ok

• the difference between public and private



• sexuality, gender, identity and values



- online safety
- how the body works
- sexual health



- **Consent**

Consent is a type of permission for something to happen or not happen. Giving consent means yes. Not giving consent means no.

# What happens in sessions?



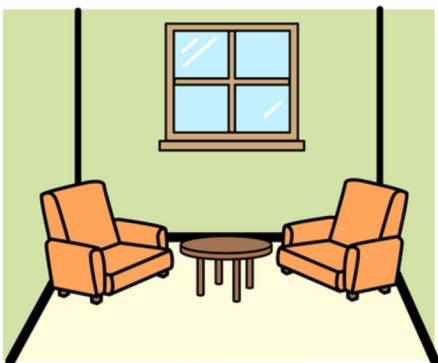
Your session will be at SHFPACT.



The address is Level One, 28 University Avenue, Canberra, ACT, 2601.



You will tell reception that you are here for a session with the counsellor.



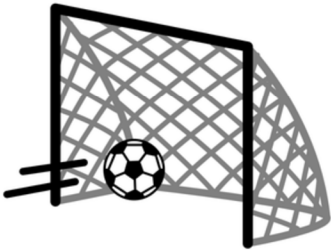
The sessions will be in a private room with you and the counsellor.



The counsellor needs to ask questions to help you.

like

- questions about you
- what you what need in the sessions
- your goals



These questions will help the counsellor give you the help you want.



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# Who can the counsellor talk to about our sessions?



You can choose if the counsellor talks to other people about your sessions.

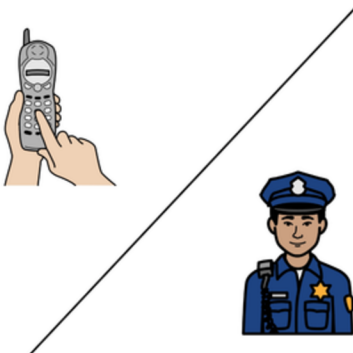


You could ask them to tell your

- partner
- parent or caregiver
- support worker



You can ask the counsellor not share the things you say with them

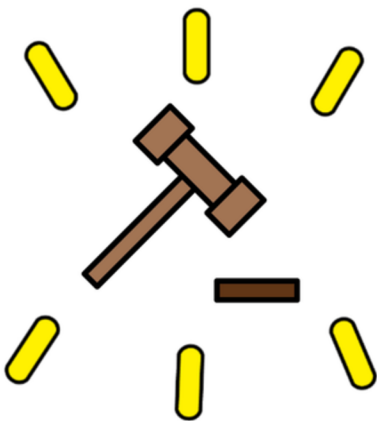


Sometimes a counsellor will need to tell someone else about your sessions.



They will have to tell someone

- if you are hurt by someone who should take care of you
- if they think you could hurt yourself
- if they think you might hurt someone else



This is called **mandatory reporting**.

Mandatory reporting is the law.



The counsellor will tell someone who can help keep everyone safe because it is their job.

# How much are sessions?



The sessions are \$156.16 for one hour.

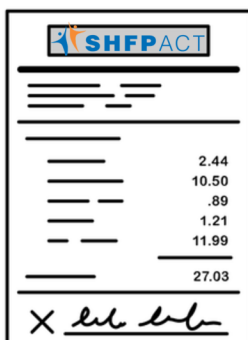


You can pay with your NDIS plan if you have funding for

Capacity Building; Improved Daily Living



SHFPACT will send you an invoice every 3 sessions.



You will be told if you need to pay for sessions in a different way.

# Hard words list

**Consent** is when all people agree to something that they want to happen. To give consent you must have options and be able to make a decision about things that affect you. Consent is needed before and during an activity. This can also be called giving permission.

**Counselling** is an appointment with a counsellor where you talk about your thoughts and feelings.

A **counsellor** is a professional who listens to your worries. They can help you with hard feelings and tough situations. What you tell them is private- they cannot tell anyone unless there is serious concern about safety.

**Mandatory reporting** is a law that says certain professionals must report concerns about neglect, abuse, or dangerous behaviours.

**Sexual health** is a part of your overall health. Sexual health includes your relationship to yourself and others, sexual health checks and having safer sexual activities. Everybody has sexual health whether they have sexual activity or not.

