

Insight of Life is proud to offer LGBT- friendly counselling services to members of the lesbian, gay, bisexual, and trans/gender diverse communities.

In addition to these services, we offer specialist-counselling support to LGBT clients for the following Psychological issues:

- Sexual orientation
- Gender identity
- Homophobia
- Biphobia
- Transphobia
- Isolation
- Discrimination
- Trauma
- Stress

I also speak **Greek** and have a sound knowledge of Greek culture and values.

If you **feel uncomfortable** by coming on your own, you are more than welcome to bring your **pet** in the session.

A little something about me:

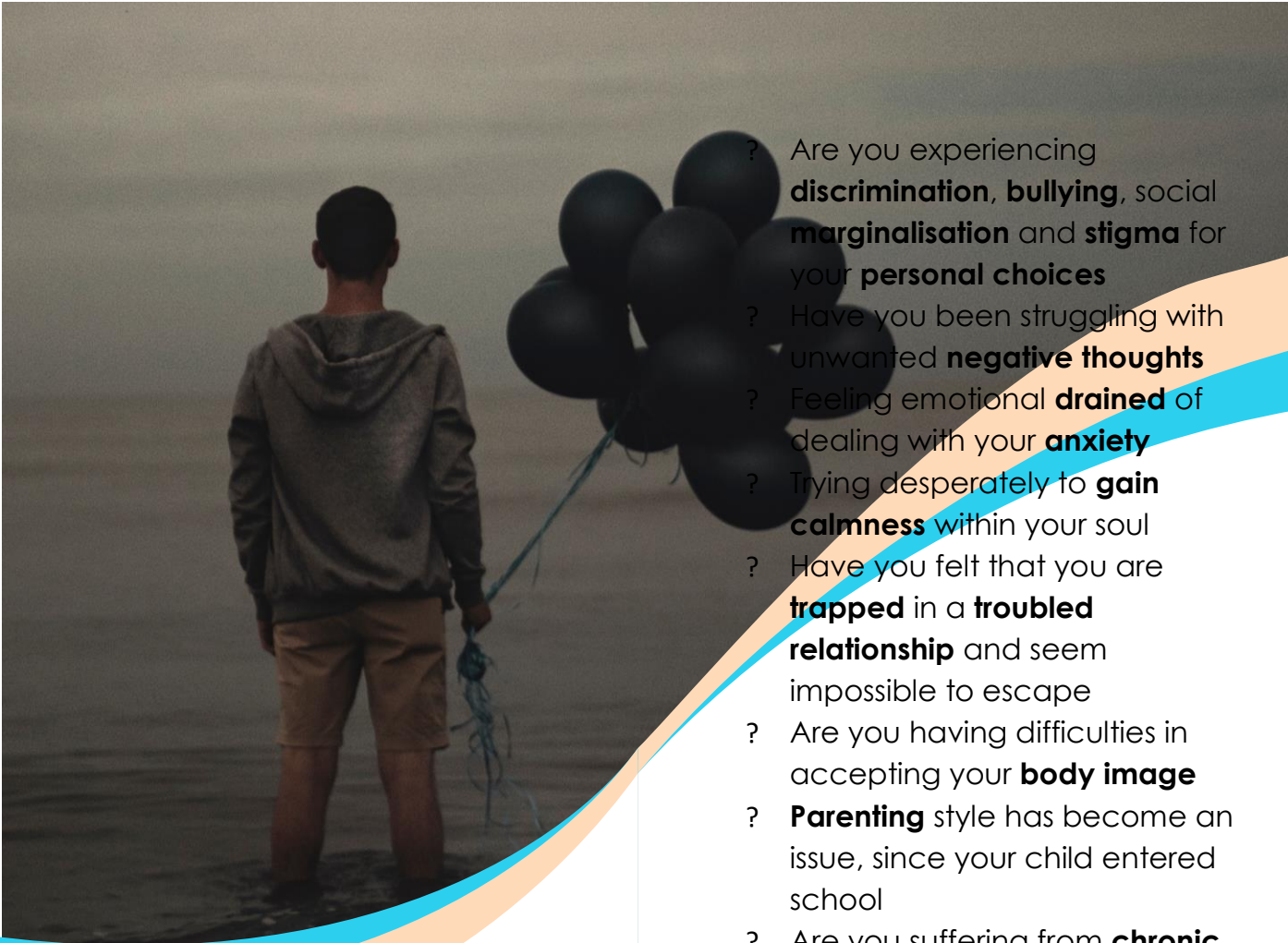
I am Carrol a **licensed Clinical Counsellor** with a wide experience in mental health. I have always had a keen interest in helping others to go through personal struggles. **Working as a Clinical Counsellor** has been very rewarding and has allowed me to develop a better insight of life. I feel **honoured and humble** when people allow me into their lives and soul.

I hold a **Masters Degree in Clinical Counselling** and a **Graduate Diploma in Clinical Counselling** as well as a **Bachelor in Behavioural studies (Psychology)**

I am registered with the **Australian Register of Counsellors & Psychotherapists (A.R.C.A.P.)** and the **Australian Counselling Association (A.C.A.)** Recognized Member with the **Psychotherapy and Counselling Federation of Australia (P.A.C.F.A.)**

Registered NDIS Provider





- ? Are you experiencing **discrimination, bullying**, social **marginalisation** and **stigma** for your **personal choices**
- ? Have you been struggling with unwanted **negative thoughts**
- ? Feeling emotional **drained** of dealing with your **anxiety**
- ? Trying desperately to **gain calmness** within your soul
- ? Have you felt that you are **trapped** in a **troubled relationship** and seem impossible to escape
- ? Are you having difficulties in accepting your **body image**
- ? **Parenting** style has become an issue, since your child entered school
- ? Are you suffering from **chronic pain** that has begun to develop mental health conditions, such as depression
- ? Have you developed an **addiction** that is causing problems to yourself and others
- ? **Have you lost someone close** to you and finding it difficult to move on with your life

If you are experiencing any of these issues in life...

**...counselling will assist you to insight of life.**

It is never too early or too late in your life to seek therapy.

Most of us become skeptical and may avoid coming to therapy, However, in most cases you will find that through the therapeutic sessions you can improve your life, your relationship, control and understand your anxiety. You will be able to change unhealthy coping mechanisms like alcohol, drugs and sexual validation.

There is no obligation to come back but there will always be genuine willingness to assist with your problems.

## INSIGHT OF LIFE

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