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Smooth Sailing
COUNSELLING

www.smoothsailingcounselling.com.au

Working
together to bring about
change.



Linda Mitten

A Registered Counsellor, with qualifications in Counselling, Social Work and Disability, and with more than 10 years' experience in supporting individuals to achieve their goals.

I am a thoughtful, creative counsellor and my clients experience a very personalised approach which I tailor to meet their individual needs.



Supporting participants to develop skills and strategies to manage strong emotions and begin to move in the direction of their goals, and towards a richer and more and peaceful life.

Assisting people to learn new skills and strategies to cope with challenging thoughts, feelings and behaviours such as:

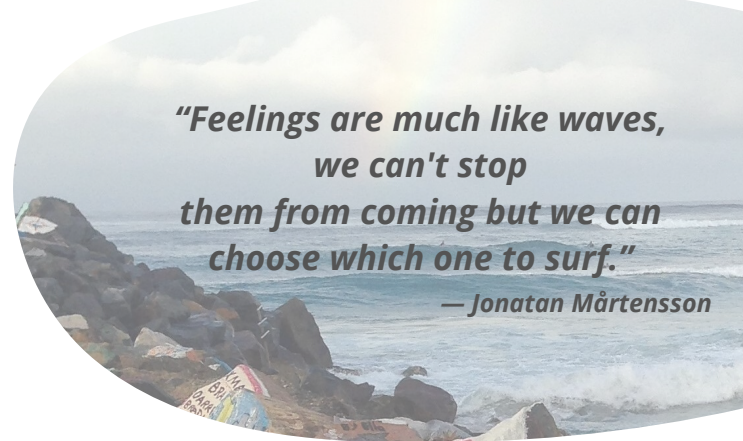
- anger
- anxiety
- PTSD
- depression
- emotional regulation

Helping people to:

- rediscover their strengths,
- learn how to improve relationships with self and others,
- make positive changes to their health and wellbeing;

Participants may wish to:

- build communication and social skills,
- overcome anxiety,
- regulate their emotions,
- gain confidence.



*"Feelings are much like waves,
we can't stop
them from coming but we can
choose which one to surf."*

— Jonatan Mårtensson

Supporting Adults who are plan-managed or self-managed and who are NDIS funded for Capacity Building: Improved Daily Living.

In person and video conferencing sessions available

Appointments usually available within one week

Fees: Individual

Counselling – 1 hour: \$120

(current at May 2020)



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