

GENERAL INFORMATION

Cheryl Taylor

Cheryl began her study and practice in Counselling & Psychotherapy in 1998 and has since been providing counselling services to a diverse range of clients including children, adolescents, adults, couples and families. She also has an interest in working with individuals and families affected by Autism Spectrum Disorders. Cheryl's qualifications include:

- Master of Counselling & Human Services
- Graduate Diploma in Christian Counselling
- Certificate in Sandplay Therapy
- Certificate in Expressive Therapies for Children & Adolescents
- Course in Autism Support Work
- Certificate IV in Counselling Supervision
- Additional Training in Family Therapy
- Diploma of Teaching

Cheryl is also a member of the following peak industry bodies:

- Society of Counselling & Psychotherapy Educators (Reg. No. 301484)
- Australian Counselling Association (Reg. No. 5590)
- Counsellor's and Psychotherapist's Association of Victoria (Reg. No. 219)
- Psychotherapy and Counselling Federation of Australia (Reg. No. 21570)

Cheryl's Approach

Over many years of learning and experience I have come to know that for therapy to be effective and promote growth, it must support the person in connecting to the inner self. By connecting with this inner place, we are able to express and process past hurts, release 'stuck' emotions that create unhealthy patterns, and discover and express those emotions and tendencies that are oriented towards joy and growth. It is from this place that we can then relate to others and to our environment in a meaningful and rewarding way. This is the type of approach I prefer to use, as it promotes personal growth and the development of emotional intelligence and skills that are life changing, with a resonating influence for the rest of the person's life. I have found this approach to be effective in working with adults, teenagers, children and couples.

Sessions:

The first session is 1.5 hours duration, at the end of which we will discuss the best approach for future sessions. I recommend that clients then commit to at least a further 3 sessions of 1.5 hours duration, or 5 sessions of 1 hour duration. This of course may vary according to your own personal goals.

Fees:

Adults, couples, families: \$130 for 1.5 hours or \$90 per 1 hour session
Children: \$90 per one hour consultation
Parent Interview: \$45 per half hour session

Late cancellations (less than 24 hours notice) will require payment of 50% of the scheduled fee. Forgotten appointments will require full payment.

