

# Meet our Generalist Counsellors



With over 25 years' experience. **Lorraine Murphy** has worked with couples, families and individuals. Specialising in working with victims of Domestic and Family Violence, Lorraine has written models of practice. Her expertise includes extensive group work, supporting clients suffering grief and loss; offering Victims Support; supporting those in Out of Home Care; delivering Managing Strong Emotions and more.

**Breanna Carmody** is passionate about clinical work relating to grief & bereavement, the experience of trauma, change and transitions, anxiety, and self-esteem. She holds a Master of Counselling & Psychotherapy with the Australian College of Applied Psychology.



**Paula Cahill** has qualifications in Social Work, Psychology and Training and Assessment. Paula has worked as a Counsellor and Social Worker, with women experiencing or recovering from domestic violence, trauma, grief and loss and adjustment to change. Paula has worked in the Drug and Alcohol, Sexual Assault, Health and Vocational Education settings. Group programs delivered include New Parents Group, Dementia Carer support, Mental Health and Adolescent Mental Health programs.

CENTRAL WEST  
**WOMEN'S**  
**HEALTH CENTRE**  
SUPPORT FOR WOMEN & CHILDREN

7 Lee Street, Kelso  
PO BOX 674 - Bathurst - NSW - 2795

Monday to Friday  
9:00am - 12:30pm  
1:30pm - 5:00pm

Closed weekends

## Let's Connect

Phone  
(02) 6331 4133

Website  
[www.cwwhc.org.au](http://www.cwwhc.org.au)

Email  
[reception@cwwhc.org.au](mailto:reception@cwwhc.org.au)

We acknowledge the Wiradjuri people, the traditional custodians of the land on which we live and work, and pay respects to Elders past, present and emerging.



Services are provided with funding assistance from Western NSW Local Health District, NSW Department of Communities and Justice, and donations from the community.

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***The Central West Women's Health Centre is a non-government, community based, feminist service.***

***Generalist Counselling Service***



# Who is general counselling for?

All Women (over 18yrs), living in the Central West Region who:

- Have been affected by abuse, including physical, emotional, mental and sexual; or domestic & family violence
- Are adult survivors of childhood abuse/sexual assault
- Are affected by disability, self-esteem, identity, depression, anxiety, grief/loss, isolation, reproductive health issues and relationship issues
- Are caring for a dependant and seeking counselling or advocacy

## Cost and fees

Costs are \$25.00 per session or \$10.00 for students or pension/benefit card holders. If you are unable to pay a fee this can be discussed with the Counsellor during the intake session.

No woman will be turned away because she cannot afford to pay.

## Our generalist counsellors provide:

- Face-to-face counselling for all women
- Telephone and online counselling for women unable to attend the Centre
- A safe and confidential service
- Training and knowledge to support the individual needs of the client
- Liaison with community health professionals for information and referral so that women can access appropriate services
- Workshops - Our counsellors are also a Group Facilitators and can support partnership programs or develop bespoke workshops

## How it works

The Generalist Counsellor meets with women first, to get a picture of what is needed. It is helpful to bring relevant Court Orders, Apprehended Violence Orders or other related reports to the first session.

Anyone can make an appointment - a referral is not necessary. However, other services may refer clients to our centre.

## Outcomes

We aim to have the following outcomes for our clients:

- Reducing stress and distressing symptoms
- Heightened sense of control
- Increased hope and a more positive outlook on life
- Working together to generate an agreed plan of action
- Greater focus and direction
- Feeling relief and at peace for having let go of a past trauma or pain
- Greater enjoyment and connection in close personal relationships
- Increased sense of happiness and life satisfaction
- Ensuring correct information is being provided in the counselling process to enable clients to make informed choices.
- Greater sense of empowerment due to individual issues being addressed proactively