



Introducing: Don Coles

Mental Health Social Worker

M Social Work (Counselling), B Social Studies (Social Work)

Don has over 35 years of counselling experience, working with anxiety, depression, stress, relationships, confidence issues, trauma effects, disability, parenting and mental health. He worked with the Child Abuse Royal Commission as a counsellor for 3 years, supporting people affected by childhood sexual abuse. He has provided clinical supervision for over 20 years.

Mental Health, Grief & Trauma

- Addictions, e.g. alcohol, gambling, Internet, pornography, etc.
- Adult mental health issues
- Adult survivors of childhood sexual abuse
- Anxiety including social anxiety, panic attacks, and stress
- Coping with emotions including shame, grief and anger
- Depressive disorders, depression and low mood
- Emotional, physical and sexual abuse — past or present
- Family-of-origin issues
- Grief & loss counselling
- Relationship issues including conflict & domestic violence
- Self-harm and suicidality
- Separation & divorce
- Trauma & abuse counselling

Adolescent & Family Counselling

- Behavioural challenges for adolescents
- Conflict resolution
- Disability support for children and their family
- Fatherhood issues and mentoring
- Parenting skills development
- Relationship issues
- Stepfamily issues

Other Services

- Clinical supervision for students and professional counsellors
- Building better relationships (work and personal)
- Carer's related issues
- Life and work transitions
- Men's issues
- Self-esteem & confidence, assertive communication
- Skype counselling
- Spirituality (Christian perspective)
- Work cover and worker's compensation

Professional Memberships

Membership of Australian Association of Social Workers (AASW) – Accredited Mental Health Social Worker with AASW.

Don will bulk Bill if the financial need is demonstrated.

Please call to discuss any questions or to make a booking with Don on 02 9683 1444.