

Northern Frontiers Mediation & Counselling Relationship Counselling



*No longer seeing eye to eye?
feeling the chill of discontent?*

A common mistake many couples make is waiting too long before seeking professional help when things go wrong. Sitting back and hoping it will improve on its own runs the risk of one, or both, partners emotionally vacating the relationship for good.

Oftentimes the hard part is admitting your relationship's in trouble and pin-pointing exactly why. Amidst all the hurt and frustration, it's not easy to listen quietly to each other's concerns and point of view. What we tend to do is stop listening and start building a defensive argument. Then we fire it at our partner causing conflict to escalate. When this happens over and over again resentment grows . . . and love fades . . .

Learning to listen for understanding is key to communicating effectively.

At Northern Frontiers our Senior Counsellor, Melinda Bailey, has 20+ years counselling experience across a broad range of life issues and specialises in helping couples with a variety of relationship issues. Melinda uses a therapeutic model called Emotion Focused Couples Therapy. Partners are invited to think about what they need to be content and learn how to respectfully inform their partner. In this way the tendency to assume you know what your partner needs and visa-versa, is removed . . .

We all have our own unique set of needs. When they are met to our satisfaction we feel content and want to remain with the person who is meeting them for us. When our needs are not being met we experience a range of powerfully unpleasant emotions that eventually cause us to consider going outside the relationship to get them met.

PROFILE



Melinda Bailey

- Senior Counsellor
- Family Dispute Resolution Practitioner
- Parenting Consultant
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 20+ years counselling experience working with people from a broad demographic across a wide range of life issues.

For further information call **1300 90 81 70**
or our centralised appointment line **0419 531 269**

Email: reception@northernfrontiers.com.au

www.northernfrontiers.com.au

Northern Frontiers Mediation & Counselling Relationship Counselling Services

What are our emotional needs?

1	Affection	6	Intimate Conversation
2	Openness & Honesty	7	Physical Attractiveness
3	Admiration	8	Recreational Companionship
4	Sexual Fulfillment	9	Domestic Support
5	Financial Support	10	Family Commitment

Human emotional needs are our basic psychological driving forces – they may change throughout our life-span but they always demand to be met – so in that sense they're pretty much non-negotiable. Counselling can show you how to ask for what you need from each other and repair your relationship. Call today and take the steps necessary to put your relationship back on track.

Your happiness may depend on it...

The process for commencing relationship counselling at Northern Frontiers Mediation & Counselling Services is outlined below. We believe it is important for both parties to have an opportunity to speak directly with the counsellor prior to bringing you together.

- Intake and Assessment with Partner 1 – 15 minute phone call - fee \$40.00
- Intake and Assessment with Partner 2 – 15 minute phone call - fee \$40.00
- Commence joint session/s provided both clients feel comfortable to proceed and the Counsellor has assessed it as appropriate – fee \$130.00 per 50 minute session (longer sessions can also be arranged).

To arrange individual Intake & Assessment sessions simply call or email Reception. Here at Northern Frontiers Mediation & Counselling Service we pride ourselves on offering flexible appointment times that represent minimal/no disruption to your work/life schedule. As such, appointments are available from 7:30am weekdays and between 8.00am - 1.00pm on Sundays.

Payment of \$80 is required two (2) business days prior to the first Intake call and \$130.00 to be paid two (2) business days prior to your joint session.

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