

# Northern Frontiers Mediation & Counselling

## Parent - Adult Child Counselling



*"so are we all good son?"*

You might be surprised to learn that most parent-adult child relationships involve a degree of tension or even periods of separation and withdrawal from one another. Because it's one of the longest lasting of human ties it's perhaps reasonable to expect some rocky patches along the way. But how do you cope with the oftentimes intense emotional response to parent-child conflict? And perhaps more importantly how do you reconnect with your loved one? Avoidance just doesn't seem to work- in fact it's probably making things worse.

### Testimonials:

*I had a massive fallout with Mum and Dad – we didn't talk for months. It was really distracting but I knew things couldn't go on the way they were. Counselling helped me reconnect with them. Our relationship is in a much healthier place now. I get where they're coming from...and when I tell them how I feel they seem to understand. It wasn't like that before we got help...(Adult son)*

After our first grandchild was born our son seemed to pull away from us...things just went from bad to worse...then he told us not to call. We were devastated. A friend suggested counselling...it was such a relief to hear that what we were experiencing is quite common...it's early days yet but we're having positive conversations...(first-time grandparents)

At Northern Frontiers our trained counsellors are experienced in analysing family tensions and identifying strategies that help parents and their adult children better-manage relationship dynamics. Counselling can teach you how to listen for understanding and gain awareness of your own expectations and viewpoints as well as those of your loved one. It can help you appreciate the benefits of seeking win/win solutions when problems arise (and they invariably will). In short, counselling offers opportunities for personal growth and relationship repair and strengthening through understanding and respecting each other's point of view.

### 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](mailto:reception@northernfrontiers.com.au)  
[www.northernfrontiers.com.au](http://www.northernfrontiers.com.au)

# Northern Frontiers Mediation & Counselling Parent - Adult Child Counselling



Northern Frontiers' Parent-Adult Child Counselling service typically assists with issues such as:

- Transitioning through family stages – children becoming parents - parents becoming grandparents
- Inheritance and bequest issues
- Improving communication – how it differs once children become adults
- Understanding the reason/s for parent-adult child disconnection
- Child-minding disagreements
- Co-habitation issues

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 Parent – 15 minute phone call - fee \$40.00
- Intake and Assessment with Adult Child – 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 (double sessions are available by arrangement).

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.

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

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