



Phone & Videochat
or Face-to-Face

Northern Frontiers Services Relationship Counselling 2022 Brochure



*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 30+ 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 Focussed 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
- Parenting Mediator
- Workplace Mediator
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 30+ years counselling experience working with people from a broad demographic across a wide range of life issues.

CALL:	1300 90 81 70
EMAIL:	reception@northernfrontiers.com.au
WEB:	www.northernfrontiers.com.au



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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 . . .

To begin the Relationship Counselling process, the counsellor needs to speak with both parties individually. There are two options for this:

- 2 x 15 minute individual Intake & Assessment phone calls:
Cost is \$45.00 each, or a total of \$90.00
- One or both partners can schedule a full 50 minute Individual Counselling session:
Cost is \$125.00 per person.

This is perfect for those that would like to discuss in depth with the Counsellor prior to scheduling a joint session.

Note: *Both parties do not need to choose the same option above. It is what either of you are comfortable with.*

A joint Relationship Counselling session can be held once both parties are comfortable, and the Counsellor has advised that it is appropriate. A 50 minute joint session costs \$145.00 and pre-payment is required at least two business days prior.

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