

Evelyn Bugel

Psychologist and Counsellor for Carers
BA, Grad Dip (Psychology)
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When a loved one develops a mental illness the ramifications for families are significant and often complex. Family members experience stress, grief, social isolation and frustration with the health systems. Specialised counselling is available. I am a psychologist and community sector professional with over 20 years of experience. My counselling clients receive:

- Respectful, warm and intelligent counselling support for individual carers, couples and families
- Knowledge and experience of mental illness (including psychotic illness, personality disorders and addictions that may co-occur)
- An understanding of the disappointment and frustration that occurs for family members when a loved one experiences relapse
- Demonstrated experience with depression, anxiety, trauma, addictions and grief and loss
- Competent and sensitive support that bridges gaps for individuals from a wide variety of marginalised backgrounds

I understand the sometimes catastrophic consequences for families when a loved one develops a mental illness. The focus regarding the loved one is often so fully on his or her treatment and recovery to the exclusion of all else. The intense sadness and loss experienced by families is normal, yet sometimes when it is expressed carers feel blamed for being “too stressed” or “depressed” or even for “making things worse”.

If you would like support with any of these issues or with other issues not related to your role as a carer, I would welcome the opportunity to meet with you. Carer clients are eligible for free counselling funded by Carers Victoria (up to 12 sessions per year). Additionally, as a registered psychologist, I am also able to offer Medicare rebates for a further 6 -10 sessions per year. For more information please call me on 0400 522 713.