

Evelyn Bugel

Psychologist and Counsellor for Carers
BA, Grad Dip (Psychology)
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When a loved one is diagnosed with a chronic disease the ramifications for families are significant and often complex. Family members experience stress, grief and social isolation; they are often bewildered by the health care systems and may feel overwhelmed by the tasks involved in meeting their loved one's needs. Specialised counselling is available. I am a psychologist and community sector professional with over 20 years of experience. My clients receive:

- Respectful, warm and intelligent support individually, as a couple or with groups
- Knowledge and experience of the unique needs of carers
- Knowledge and experience of chronic disease, mental illness and disability
- Competent and sensitive support that bridges gaps for individuals from a wide variety of marginalised backgrounds
- Demonstrated experience with depression, anxiety, trauma, addictions and grief and loss

Enlisting specialised support for carers can improve the wellbeing of the entire family. I understand the intense sadness and loss experienced by families and can assist people to develop personal resources and coping strategies that will help them manage the unique demands they face.

I offer specialised counselling for individual carers and groups that will enhance the services that your team offers. 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.