

Evelyn Bugel

Psychologist and Counsellor for Carers

BA, Grad Dip (Psychology)

Post Grad Dip (Special Education)

Adv Dip (Gestalt Therapy)

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When a child is diagnosed with delay or disability the ramifications for families are significant and often complex. Parents experience stress, grief, social isolation and frustration with the health and education systems. Specialised counselling and psychotherapy 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 individually, as a couple or as an extended family
- Knowledge and experience of the specialised interventions used with children with special needs
- An understanding of the challenges of managing a child's behaviour and implementing strategies at home
- 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

I understand how the focus regarding your child is often so fully on his or her intervention and treatment to the exclusion of all else. The intense sadness and loss experienced by families is normal, yet sometimes when it is expressed parents 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 for something unrelated to your role as a parent, I would welcome the opportunity to work 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.