

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 a disability or delay the ramifications for families are significant and often complex. Parents experience stress, grief and social isolation; they are often unfamiliar with and bewildered by the health and education systems in which they have become involved. 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 support individually, as a couple or with groups of parents and carers
- Knowledge and experience of the interventions used with children with special needs in community and home-based settings
- 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 parents will complement the intervention your service offers children with disabilities or delays. I understand the intense sadness and loss experienced by families and can assist them to develop personal resources and coping strategies that will help them manage the unique parenting demands they face.

I offer specialised counselling for parents individually and in 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 further information please call me on 0400 522 713.