



who says

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of the time?

and can't seem to find our way out.

T

his can be especially difficult if we are usually the ones that others rely on or it has never happened to us before.

For some, it can be an all too familiar pattern. Maybe it is just the way we are. Or there may have been a specific event that has caused us to feel unable to cope.

Who says that we have to be able to cope all of the time?

Sometimes we just need the time and space to be heard. Sometimes we need help in clarifying our own thoughts. Sometimes the past can simply overtake any chance for a future. Sometimes medication alone doesn't solve the problem.

At these times counselling can help. Counselling can also assist when you want to make a change; stretch yourself; resolve a problem; challenge your thinking; find peace in your life.

About Gay McKinley BA (Psych); Grad Dip Couns; JP

Working in the corporate healthcare industry for more than 20 years I developed a real interest in the treatment of depression and ways to foster psychological and spiritual wellbeing.

I have been a Lifeline counsellor for a number of years and am now also in private counselling practice.

One of my strongest beliefs is that every person is unique.

I therefore work closely with my clients to select the most appropriate and self-empowering approach for each one.

I also believe that the only way to deal with whatever pain one is experiencing, is to go *through* it; at the same time often the difficult or unwelcome things that happen to us in life can also provide the greatest learning for us.

I counsel individuals and couples in a number of areas including:

Dealing with depression

Living with loss

Using anxiety

Relating effectively

Loving oneself

Digging under anger.



I am a member of the Counsellors and Psychotherapists Association of NSW.

Gay McKinley

For more information visit:

www.mckinleycounselling.com.au

Find out more:

Counselling is different for every individual and effective therapy depends on a strong and genuine connection.

So, for a free, no obligation initial consultation, contact Gay at the following:

Consulting Rooms:

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