

Therapeutic Approaches

- Amygdala Depotentiation Technique
- Art Therapy
- Brainspotting
- Cognitive Behavioural Therapy
- Ego State Therapy & Parts Therapy
- Equine Assisted Psychotherapy
- Gestalt Therapy
- Havening Techniques
- Motivational Interviewing
- Narrative Therapy
- Person (Client) Centred Therapy
- Resource Therapy

SERVICE DELIVERY

Andrew sees clients in a face to face clinic setting from Kyabram, North Central / Goulburn Region, Victoria, Australia or can service people from further afield using Telehealth via Zoom and telephone.

CONTACT DETAILS

Website: www.thinkshift.com.au
Clinic Phone: 0411 576 676

CLINIC LOCATION

93 Howards Lane, Kyabram Victoria 3620

Directions: Go to the end of Howards Lane, bitumen road where it changes to a gravel surface and then swings to the left hand side, the clinic is the house on the right hand side. Come to the door next to the double garage.

PAYMENT

Cash, Credit cards - Visa, MasterCard and Amex, Debit Cards, Direct Bank Transfer

PRICING

Contact us to obtain current pricing. NDIS funded clients as per NDIS fee structures

CONSULTATION CANCELLATIONS

Cancellations require a minimum of 24 hours, preferably 48 hours notice. Cancellations within 24 hours will require full fee payment in accordance with industry standards.

GP's, ALLIED WELFARE AGENCIES & NDIS REFERRALS

Go to www.thinkshift.com.au/referring-clients for all you need.

Consultations are by appointment only

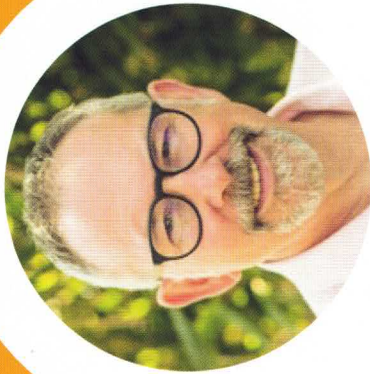
Thinkshift

TRANSFORMING LIVES



PSYCHOTHERAPY
CLINICAL HYPNOTHERAPY
COUNSELLING
EMDR
BRAINSPOTTING
EQUINE ASSISTED THERAPY





OVERVIEW

Andrew has been providing counselling to clients since the 1980's, initially facilitating change within a corporate framework, and since 2008 / 2009 in private practice as a professional counsellor, clinical hypnotherapist and psychotherapist.

APPROACH

Andrew uses an integrative and client centred approach to address the issues faced by his clients. He blends Cognitive Behavioural Therapy, Narrative Therapy and Gestalt Therapy with neuro-based therapies such as EMDR, Brainspotting and Havening to assist clients find solutions to the issues that hold them back from the full enjoyment of their lives.

Using a Rogerian framework, all clients are treated with respect, understanding and compassion so that therapy is a co-constructive and consultative process that creates positive outcomes for the client.

CLIENTS

Andrew delivers counselling to individuals, families, and groups, who are adults, adolescent (12+), regardless of gender and for a variety of funded clients: NDIS and private clients.

Andrew has extensive experience with a broad range of client issues:

- Academic, Schooling Learning and Memory Issues
- Addictions: ICE, Cannabis, Alcohol, Gambling, Gaming
- Adjustment Issues (retirement, relocation, etc)
- Anger Management
- Anxiety / Panic Attacks
- Career Direction and Choice
- Depression / Mood Swings
- Exam Stress and Pressure
- Fears / Phobias
- Grief / Loss / Sadness
- Loneliness and Feelings of Rejection
- Major Life Transitions
- Motivation and Procrastination
- Negative, Obsessive and Ruminating Thoughts
- Obsessive Compulsive Behaviour
- Pain Management
- Poor Self-Acceptance and Low Self-Esteem
- Post-Traumatic Stress Disorder
- Sleep Hygiene and Insomnia
- Social Skill Enhancement
- Stress / Worry
- Trauma (Complex and Simple)
- Unexpected Obstacles
- Unwanted Habits
- Weight Loss

PROFESSIONAL

Andrew's dedication to finding the most effective interventions for his clients is shown in his commitment to ongoing professional development. His studies have concentrated on mastering leading edge evidence based therapeutic techniques and others that blend "a brain / body / mind" approach to psychotherapy, as all approaches don't necessarily fit each individual person.

Andrew is a seasoned, professional, creative and innovative Psychotherapist, Professional Counsellor and Clinical Hypnotherapist with extensive experience supported by sound vocational training and academic background.

Academic Education

- Master's Degree in Counselling, Monash University (2015)
- Diploma of Professional Counselling, Australian Institute of Professional Counsellors (2009)
- Master's Degree in Metaphysics, University of Metaphysics, Arizona (2007)
- Diploma of Clinical Hypnotherapy (1995)
- Diploma of Art Therapy (2023)

Additional Credentials

- Working with Children Check - Victorian Department of Justice, since 2009
- National Police Certificate - Healthcare - Victorian Police since 2009
- Private Health Fund Provider.

Professional Association Memberships

- Australian Counselling Association (ACA) - Level 4 - Professional Member # 8312 since 2009
- Full Clinical Member: Australian Association of Clinical Hypnotherapy and Psychotherapy (AACHP)#2003094
- Member of The Eye Movement Desensitization Reprocessing Association of Australia (EMDRAA) #1001198
- Registered Hypnotherapist under Hypnotherapy Council of Australia

