ActivTherapy Collective

IPC

INDIVIDUAL PSYCHOSOCIAL COUNSELLING

Flexible, counsellor-led support tailored to individual needs.

Delivered by Level 2 or above ACA or PACFA registered counsellors.

6-Week 1:1 Structured Intervention

6 x 1-hour sessions **$1500 + GST**

- More involved than a group program, with increased counselling and individual tailoring.
- Follows the structure of one of our programs in a more personalised format.
- Suitable where a participant would benefit from more time, deeper support and a targeted one-on-one approach.
- Includes workbook, therapeutic activity sheets, additional resource pages, counselling notes and certificate of completion.

EXAMPLES OF 6-WEEK PATHWAYS

Stress & Anxiety Management Intervention

A structured psychosocial intervention helping participants manage anxiety, regulate stress and develop practical strategies to remain engaged in everyday life, appointments and employment.

Work & Life Readiness Intervention

A structured work-readiness intervention helping participants establish routines, become more organised, manage everyday responsibilities and day-to-day finances, and prepare to enter and sustain employment.

Standalone Counselling

$220 + GST per session

- Straight-up counselling support based on the person's current needs.
- Flexible session focus rather than following a set program structure.
- Suitable for emotional support, problem-solving, adjustment, confidence, stress, anxiety, barriers to engagement and general wellbeing.
- Delivered as individual counselling sessions.

What's included

- Counsellor-led delivery
- Individualised support
- Workbook/resources where applicable
- Required case notes
- Certificate on completion of structured intervention

Who this may suit

People who may benefit from more focused one-on-one support, including those experiencing high barriers such as anxiety, disability-related barriers, emotional distress, difficulty staying engaged, or the need for a more personalised intervention.

ActivTherapy Collective
PROFESSIONAL PSYCHOSOCIAL SERVICES

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