

## About Us

Heal for Life and the Trauma Centre believe people can heal from trauma and has assisted over 6500 people on this journey.

## Our Values

- Empower people to overcome the effects of trauma in their lives.
- Provide high quality, caring and professional services.

## Accessibility

We are committed to respect, equality, empowerment and compassion for all regardless of gender, culture, ability or age.

## Quality

All Heal for Life practitioners are qualified and experienced and are bound by a strict Code of Ethics and Practice. They undergo regular professional development and supervision.

## Confidentiality

Your session will take place in a private room and anything you share in your session is strictly confidential. We will only disclose information if you give us permission or if required by law.

## Other Services

### Residential Healing Programs

Intensive and expertly facilitated retreats and workshops for ages 8 to adult.

### Training in Trauma

Training to support those with working people who have lived experience of childhood trauma or abuse.

### Indigenous Services

Culturally appropriate healing programs and support for Aboriginal and Torres Strait Islander individuals, families and communities.

### School Programs

Trauma awareness training for school age children, their families and school staff.

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 /HealForLifeFoundation



**THE TRAUMA CENTRE**  
**N E W C A S T L E**

A PART OF THE HEAL FOR LIFE FOUNDATION

Empowering people to heal from  
childhood trauma and abuse

## Psychology Services

Our psychology services provide Medicare rebated sessions with a qualified psychologist who will assist you in managing your mental health plan. We will work with you in a collaborative and supportive way to meet your individual needs. Some of the common challenges facing people who present our service are trauma, depression, anxiety, relationship issues, self-harm, eating disorders and substance abuse.

With expert knowledge in human behaviour and specialising in child and family therapy and childhood trauma, our psychologists use a variety of approaches.

These include cognitive behavioural and emotional focussed interventions and interventions to develop healthy relationships between parents and children. All our psychologists are trained in healing you from trauma.

**Bulk Billing Available**



## Counselling Services

The Trauma Centre provides professional counselling services with over 18 years experience specialising in helping people heal from childhood trauma and abuse. As specialists in trauma healing Heal for Life has helped change the lives of thousands of people and we believe that you too can heal from the effects of childhood trauma.

We know life brings challenges and times when past trauma blocks our way forward. At these times talking things through with a specialist counsellor can make a difference to how we manage our life.

At the Trauma Centre our approach is to hear and understand your concerns, provide support and work through your trauma responses. We believe you can work through these challenges, become more in charge of your life and find a new level of wellness.

Our team includes accredited counsellors and child therapists. All clinical staff are trained in helping you heal from trauma.

- Counselling and child therapy appointments. *Scaled fees apply.*
- Skype and phone appointments available.

## We Can Help You To...

- Overcome trauma and its affects on your life
- Find hope and joy in living
- Strengthen and repair relationships
- Overcome anxiety and depression
- Understand and support your child through trauma to healing
- Improve your self confidence and make better choices
- Work through grieving and facing loss
- Manage your mental health
- Implement strategies to manage and heal from addiction
- Regulate anger and emotional overwhelm
- Deal with the effects of stress in your life

For more information call us

**02 4998 6003**

