

Counselling Services:

- *Emotionally Focussed Couple Therapy*
- *Relationship Counselling*
- *Schema Therapy*
- *Cognitive Behavioural Therapy*
- *Dialectical Behavioural Therapy*
- *Grief & Bereavement Therapy*
- *Hypnosis*
- *Recovery from Abuse*
- *Body Image issues*
- *Workplace stress management*
- *Post-traumatic Stress disorder*
- *Adjustment disorder*
- *Anxiety & Depression*



A counselling service that provides Something more....

Listens and hears what you are experiencing without judgement

lets you know your feelings have been accepted so that you feel safe with them

Allows you to feel cared for and supported

Strengthens faith in yourself knows "you are the expert on you"

Honours your life as sacred and to be lived as your own.

Believes that you are born a unique and whole individual



Korey Pagura

Reg. Psychologist / Clinical Social Worker

***BSW; B.Ed; Grad Dip Psychology;
Grad Dip & Master of Counselling;
B. Soc. Sc. Psych. (Hon.)***

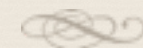
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SELF RECOVERY TIPS:

BLISS BATH - relax in a deep warm bath, add a few drops of essential lavender oil, light a candle and play your favourite music.

TIME OUT - schedule into your daily routine your time and space. 15-20 minutes to simply do nothing or to do something just for you.

TALK TO A FRIEND - by talking to someone special it gives us a wonderful opportunity to release our feelings and have clearer thoughts.

GO FOR A WALK BY MOONLIGHT - take in the unique senses only the night can offer under the gentle light of the moon..

REDUCE CAFFEINE - excessive amounts of caffeine in our diets can actually make us feel anxious and worried.

HAVE SOME FUN!!! - build a sand castle, swing in the park, hug a tree, feel the grass or simply take time to smell the roses.



Korey believes it is an honour and privilege to be allowed to hear somebody's life story. Her experience has involved working with: Families, couples and individuals dealing with challenging life events such as: 1) People with terminal illnesses and their bereaved families, partners and friends 2) Men, women, young people and who have been sexually assaulted and/or abused. Korey has an employment history of providing counselling for non-government, government and private agencies.

Korey commenced working with couples in 1993 while on a placement with Relationship's Australia. Since this time Korey has continued to undertake specialist training in working with couples. In particular Korey has been interested in understanding how best to assist couples when there has been a significant traumatic or hurtful event.

Areas she has recently received further training include: Clinical Hypnosis and Emotionally Focused Therapy for couples. Korey is currently working towards becoming a certificated emotionally focused couple therapist . At present Korey is under taking training with the International Centre for Excellence in Emotionally Focused Therapy to achieve this.

Korey has studied in several areas of the social sciences. She holds the following degrees: Honours B. Soc. Sc. (Psych.); Graduate Degree in Psychology; Bachelor of SocialWork; Bachelor of Education; Graduate Diploma in Counselling and a Master of Counselling. Korey is a Registered Psychologist & Clinical Social Worker.