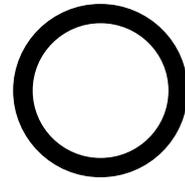


Anthony Jones



PSYCHOLOGIST & PSYCHOTHERAPIST

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COUNSELLING SERVICES AVAILABLE

Welcome. My name is Anthony Jones and I am a psychologist and psychotherapist. I specialise in helping people resolve emotional and psychological difficulties in three key ways:

Reducing suffering and distress

During a crisis, psychotherapy can help individuals:

- Regain stability and relieve suffering
- Seek solutions to get out of crisis
- Build skills to manage and calm emotions
- Increase self-confidence by reducing negative self-talk

Sustaining recovery

Once an initial crisis is passed, psychotherapy can strengthen resilience and build skills to handle stressful situations. For example:

- Learning to appropriately express and feel emotions
- Gaining clarity about the deeper sources of personal difficulties
- Developing stronger and more supportive relationships
- Developing strategies to guard against relapse

Personal growth

Personal growth work is offered for people who seek a deep awareness of themselves and their connections with others, so as to live a life that is creative, healthy, and fulfilling.

My counselling practice is focused on achieving outcomes, and progress is monitored using objective measures and self-report.

Please refer to my policy sheet for details of current fees. A Medicare rebate is available for treatment of specific conditions if assessed as eligible by a treating doctor. If you have any questions or would like to make a referral, please ring Anthony on 0409 543 341 or email info@psychotherapy-centre.com.au

About Anthony.....



Anthony Jones is a registered psychologist and is skilled in a Gestalt Therapy approach. In a Gestalt approach, change happens through being more fully oneself. Learning through experience is emphasised.

Anthony has many years of experience in the welfare and health sectors, and enjoys successfully helping people bring change to their lives. He has particular skill in working with anxiety, depression, and trauma, and has also worked with people experiencing homelessness and long term unemployment. Prior to working as a therapist, Anthony worked in an industrial sugar mill for 10 years. He is a proud father.
