

# Counselling

- with Kate  
Stuart-Hutchins



Kate Stuart-Hutchins  
Counsellor

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Counselling – What's in it for you?

- ✦ Manage your emotions
- ✦ Get motivated to change
- ✦ Communicate better
- ✦ Improve your relationships

# Counselling

- with Kate Stuart-Hutchins

## Why choose Kate:

- ◆ Kate is passionate about her clients getting the best help available to improve their sense of wellbeing and live a better life.
- ◆ Kate offers a safe supportive environment
- ◆ You feeling understood and cared for is a priority.
- ◆ Kate is highly qualified and empathetic able to find the right therapy for you and provide counselling and coaching.
- ◆ Based in Enoggera, 6kms north-west of the CBD, Kate is central to Brisbane offering a convenient, easy to locate service.
- ◆ Kate provides counselling for men, women, seniors, families and couples to assist in dealing with a wide variety of emotional and interpersonal issues, including depression, anxiety, attachment injuries and relationship difficulties.



# Counselling

## - The benefits of Therapy

Everyone can benefit from a bit of help every now and again. If you feel like you could be doing better in life, at work or in your relationships and you aren't sure how or what needs to be done to fix it sometimes talking to someone neutral can help.

### **What can you actually get out of therapy:**

- ◆ You can get better at understanding and managing your emotions
- ◆ Therapy can help you get motivated and stay motivated to make real changes
- ◆ You can improve the way you communicate, with loved ones, friends and colleagues.
- ◆ Your relationships with people at home and at work can improve

*“After 32 years of marriage we were strangers, Kate showed us how to find each other again. I just wish we had done this years ago. I feel great joy but also sadness for all the wasted years.”*

AM 2017

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## - Therapy with Kate

Kate uses counselling and psychotherapy for interpersonal issues. Kate practices using a range of evidence-based therapies including Emotionally Focused Therapy and also working within the theoretical frameworks/ideologies of Esther Perel, IMAGO Dialogue and Attachment theory.

Kate provides comprehensive relationship counselling and can help you get your relationships back on track. If your relationship has suffered from intimacy issues, infidelity, trauma, the pressures of stepchildren or just general day-to-day stresses she can help you.

Kate sees couples, individuals and families for reconciliation, separation negotiation and co-parenting strategies. Kate sees clients face-to-face, via skype or even on location, depending on your needs.

*“I can’t believe the difference 6 months makes. This time just few months ago I was angry all the time and the smallest things would irritate me and I would get so worked up. Now I feel more relaxed and at peace. I found the counselling process difficult at times but I can say now it has been totally worth it.”*

SS 2017

Kate is ready to assist you in getting back to full health and happiness, so you can live the life you want.

Sometimes life can throw you a curve ball, something that is difficult to comprehend or work through without someone else's help.

That's where Kate can help you.

Kate Stuart-Hutchins  
Counsellor  
0403 575 555  
[kate@stuarthutchins.com.au](mailto:kate@stuarthutchins.com.au)