

# CREATING CHANGE PSYCHOLOGY & COUNSELLING

## **Sustainable Change Program**

Supporting | Strengthening | Equipping | Evolving



Of the many reasons people resist change, fear of the unknown, the challenge of breaking habits, and the perception of being too difficult rank high. Without change, self-belief, growth and wellbeing suffer.

**Change is within your reach.** No matter who you are. The Sustainable Change Program uses only proven methods to achieve your desired outcomes.

You will be empowered by:

- A peaceful mind
- A sense of purpose and drive
- Feeling energised and socially engaged
- Building stronger and more satisfying relationships
- Feeling assured and worthwhile

### Why You?

You want greater confidence, control and connection. You have resolved to fulfil personal and professional dreams, or simply excel at something important. **You are ready for more.** We are here to provide the support and resources you need to succeed.

### The Program

**Making psychology accessible to everyone.** Sustainable Change is available to individuals and families in Sydney's Hills District. The program instils resilience and inspiration in children, supports teens to reach their potential, enables adults to thrive and establish cohesive families—and so much more.

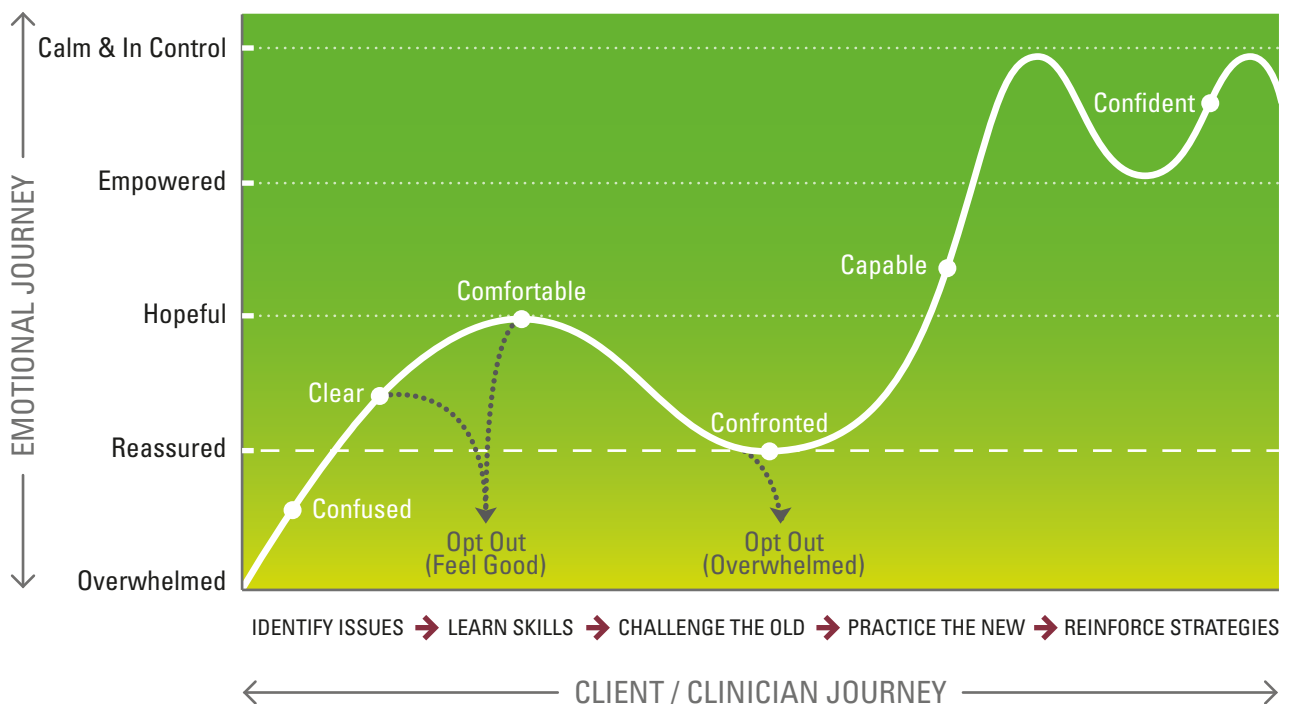
**You will:**

- **Create** lasting change
- **Gain** the tools to be confident, calm and in control
- **Learn** a new way of thinking and new patterns of behaviour for successful decision-making
- **Live** by your own values, create your own environment and set your own agenda for the future
- **Engage**, connect and communicate more effectively as a family, with clarity and ease



# ACHIEVE SUSTAINABLE CHANGE

## The Path to Sustainable Change



### Advance from a state of overwhelm to one of calm and control.

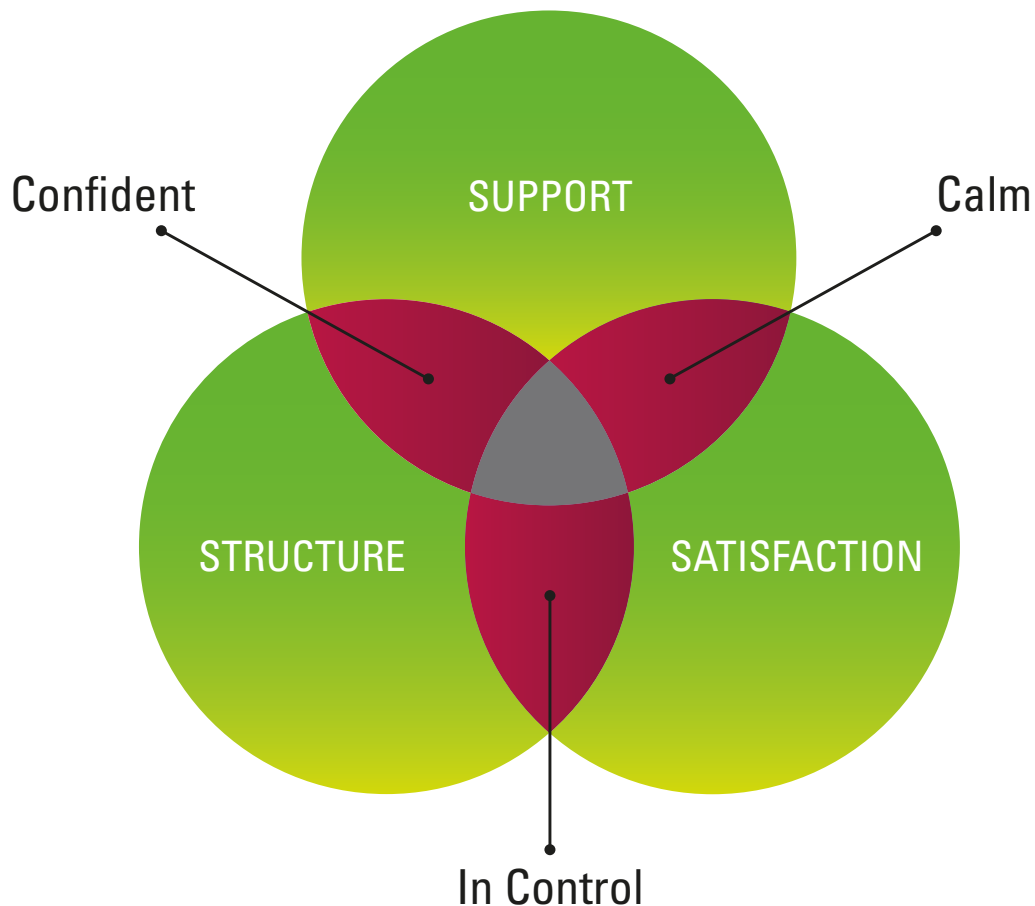
Together, we will:

- Identify your issues
- Develop your skills
- Challenge old behaviours and hone new ones
- Reinforce customised strategies

#### **We take a personalised approach.**

Confusion shifts to clarity. You will be challenged to grow. Through reassurance, renewed hope and empowerment, you will enhance your capability and increase your confidence to manage all aspects of life.

# THE POWER OF CHANGE



## **Wise minds make wise decisions.**

Gain the calm, confidence and control you want, need and deserve.

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We promise to:

- Actively invest in you
- Achieve your goals with determination
- Collaborate with you and work as a team
- Address your situation with compassion and honesty
- Commit to the process of developing your 'wise mind'

We provide continuous support and a comprehensive structure that will deepen your satisfaction and ensure your outcomes.

**Ready for meaningful and sustainable change?** Call now on 02 8883 3185.



# PROGRAM INCLUSIONS

- **Customised Sessions**

10 x 1hr weekly personalised therapy sessions with an experienced psychologist.

- **Education + Guidance**

Receive education and understanding on underlying issues to be addressed, plus professional guidance and feedback throughout the program.

- **Skills Development**

Refine emotional regulation and interpersonal skills. Enhance personal communication and decision-making skills.

- **Sustainability**

Maintenance planning and long-term follow-up program.

- **Additional Inclusions**

The program also provides you with a copy of Creating Change's eBook – 'Take Care' and provides accountability catch-ups that motivate you to complete tasks between sessions.

- **Invest in Your Wellbeing**

The program includes 10 sessions as standard.

- **Value of Change**

Have you considered the impact of staying the same, leaving things just as they are? Continuing to struggle with no plan or strategies to reach your outcomes. Consider the long-term impact:

- Family breakdown – broken families, loss of family unit causing distress and dysfunction in your children
- Time poor - conflicting demands of family stabilisation versus work
- Relationship Breakdown - separation costs of moving home, halving incomes, legal costs
- Decline in performance at work or school - loss of effectiveness, focus and opportunity
- Accumulative chronic stress – poor immunity, neglect of self-care and health, sleep disruption, overuse of alcohol

A valuable short-term investment in YOU means everyone in your world is positively impacted. Decide now to change your future.



Commit to our  
exclusive Sustainable  
Change Program now  
to receive 10% off



# Changing Lives

- **Greg** was dissatisfied in his job, felt hopeless, helpless and unmotivated. Sitting alone each night he couldn't see a way out so turned to a few drinks. After 10 therapy sessions he was hopeful, renovating his home, travelling interstate to visit family, reconnecting with old friends and exercising. He still enjoys a social drink on the weekend.
- **Olivia** (16yrs) was anxious about school. She had no contact with peers, refused to attend at all, and was oppositional and demanding at home. After 16 therapy sessions she was attending school four days a week, taking personal ownership of her learning and being respectful towards her parents—most of the time!
- **Mia** (9yrs) feared accidents while using transport—planes, cars, buses—following exposure to a couple of extreme crashes. She had tummy pains, headaches and meltdowns when expected to travel or when unexpected situations occurred. This distressed her whole family. After 30 therapy sessions she was able to use all forms of transport despite occasional waves of low-level anxiety.
- **Karen** experienced notable childhood trauma resulting in meltdowns, difficulties maintaining stable friendships and, at times, extreme behaviours such as self-harming. After 70 therapy sessions she had completed a master's degree, was working as a teacher and involved in an intimate relationship.

# FAQS

- **How will you know what I need?**

We assess your personal situation in detail, including past interventions, and discuss why we believe you are still facing challenges. We then provide recommendations on the best options for your desired outcomes.

- **What can you help me with?**

Our team has extensive expertise in working with children, teens, adults and families. We treat a range of challenges such as anxiety and panic, depression, bipolar disorder, parenting issues, self-harm, suicide, loss, post-traumatic stress disorder, OCD, alcohol and drug abuse, weight management and body image issues, learning difficulties, behaviour difficulties, bullying, gaming or internet addiction, stress, and challenges experienced in relationships and families.

- **How do I choose a psychologist?**

A connection with your psychologist is important for cohesive teamwork. Good outcomes depend on it. We regularly check in with you to see how you are doing. If a change is necessary, we have a team that can accommodate your needs.

- **Do I really need 10 sessions?**

Research shows that at least 8 sessions are required for 50% of clients to see measurable improvement and 26 sessions for 75% to improve\*. Up to 67% of clients improve after 13-18 sessions\*\*. Change takes commitment and session numbers differ for everyone, but the rewards are worth it.

- **How can you relate to my issue?**

We are all local people with everyday concerns. We genuinely understand and have expertise in identifying the ideal approach for your personal situation.

- **I've had therapy before. Will your approach work this time?**

We choose our approaches based on gold standard evidence of their effectiveness. Though nothing can ever be fully assured, we guarantee our full commitment for as long as it takes to reach your goals.

- **Are my sessions confidential?**

We are bound by a code of ethics that state we must maintain confidentiality at all times except when we are before a court, when we have to release information to protect your safety or that of others, or with your permission to communicate with someone.

- **What qualifies you to help me?**

All clinicians at Creating Change have a minimum of 6 years' university training and several years of supervised training with experienced clinicians. We are also highly trained to understand the brain and how it creates patterns of behaviour.

- **What are your therapy options?**

Therapies include Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT) and Schema Therapy. They are all highly effective. Your psychologist will discuss the approach they plan to use following a full assessment of your personal circumstances.

- **Do you have after-hours sessions?**

Yes, we do. We are open for extended hours from 8am-9pm during the week and 8am-3pm on Saturdays.

- **Must I go back into all my childhood issues?**

We find out a little about your upbringing and family as many thoughts and reactions are influenced by early experiences. Our attention is mainly focused on what you want to achieve moving forward.

\* Howard et al 1986

\*\* Hansen et al 2006



# Our Team, Your Wellbeing

As founder and Principal Clinical Psychologist at Creating Change, it is apparent to me that our vibrant Hills District community is comprised of people with a passion for life. People just like you, determined to reach great heights in the things that matter most. Perhaps it's wanting a better connection with family, fulfilling your dream for a business or as an entrepreneur, or simply sharing a win with teammates. Big or modest, your goals are achievable. It is my dream to provide the support and resources both you and the community need to thrive.



**Rebecca Deane**

“ *The complexity of modern life adds to people's stress and challenges their coping skills and resilience. Additionally, many of the traditional support structures of family and community no longer exist—making psychologists important in all our lives.* — **Anthony Chichello APS President**

i Sydney's Hills population is growing faster than the national growth rate, with 87% of the households made up of families facing a myriad of life experiences. — **2016 Census data**

i Mental health declines in response to traumatic experiences; lack of, or isolation from, friends; unemployment; substance abuse and family fragmentation. — **Australian Bureau of Statistics: Mental Health Statistics 2015**

i Of therapy conducted over the past 40 years evidence suggests that the average person is better off than 80% of those not receiving therapy. — **Minami, T. et al 2008**

“ *If you change nothing, nothing changes.* — **Dr Joyce Brothers**



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