

RENE ROUSSOS

SOCIAL WORK AND COUNSELLING SERVICES

HOPE AND HEALING: SOCIAL WORK AND COUNSELLING

Rene is currently taking new clients! Her areas of focus cover:

- Depression
- Anxiety
- Dual diagnoses (alcohol and other drugs concurrent with mental illness)
- General mental health support
- Bullying
- Post-traumatic stress disorder
- Self harm
- Sleep hygiene
- Mindfulness
- Distress tolerance
- Problem solving and future planning
- Emotional regulation
- Interpersonal communication and relationships
- LGBTQ+ issues and identity work
- Anger management
- Assertiveness training
- Autism
- Attention deficit hyperactivity disorder

Rene has also worked in the NDIS space as a support coordinator and psychosocial recovery coach, she is able to assist with navigating the NDIS and providing mental health support to those struggling through any stage of the NDIS process.

Rene's approach:

Rene utilizes mental health and social work knowledge to work within a recovery based, person centered approach. Rene works through the therapeutic relationship to empower the individual and create a solid and reliable client practitioner dynamic. Rene aims to work with each person where they are at, whether they have explored the therapeutic process before or not.

Values brought to practice:

Connection
Reliability
Trust
Empowerment
Commitment

Rene operates out of Hope and Healing: Social Work and Counselling, located in Nambour on the Sunshine Coast. A private practice taking NDIS participants and private clients. Hope and Healing are passionate about providing quality services.

Contact Rene at:
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