

Therapy Space

Glenn Noble

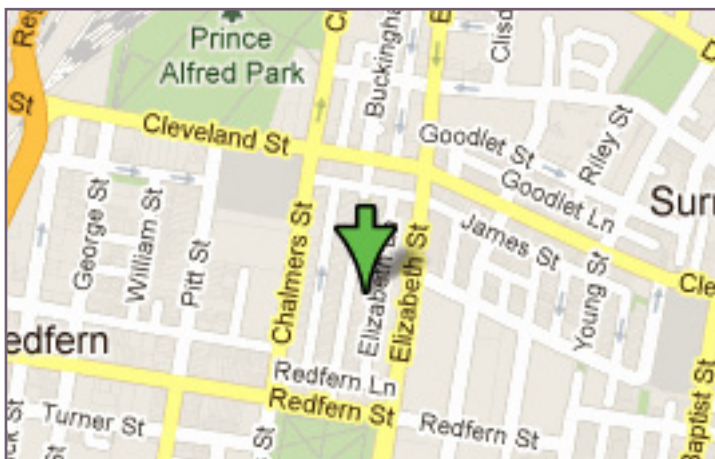
Counsellor/Psychotherapist

My name is Glenn Noble and I am a counsellor. After a successful corporate career in an industry that was going through considerable and constant change, involving many periods of instability and ultimately repeated redundancy, I chose to change the direction of my work. I began re-training and education in the social sciences field majoring in counselling. I have a long held interest in gaining insights into the successes and difficulties people experience in their lives, and the motivations and conditions under which they occur.

My primary training in person centred counselling was completed at the Australian College of Applied Psychology and I am registered with the Counsellors and Psychotherapists Association. My counselling approach is primarily from a humanistic position, although I engage a variety of theoretical perspectives and interventions depending on suitability for each client and the outcomes they wish to achieve in counselling.

I have a background experienced in casework, working at a large state owned corporation and counselling at a NGO. Through this experience I have developed a deep appreciation and high value for each individual's process as well as the importance of the therapeutic relationship. I endeavour to create a safe space which allows people to explore and work through facets of their lives which are experienced as difficult, problematic or celebratory. I primarily work with individuals on a one to one basis. I work in both short term and longer term counselling periods.

Individual sessions are one hour in length and charged at \$100 per session. A negotiated rate may be reached for those who are financially disadvantaged where available. Medicare does not currently offer rebates for counselling and psychotherapy.



Experienced in areas of:

- Anxiety
- Stress management/mindfulness techniques
- Grief and loss
- Depression
- Identity and self esteem
- Addictive behaviour
- Sexuality/sexual identity
- Life transitions and growth/change
- Relationship and intimacy issues

Write. glennnoble@therapyspace.com.au

Post. The Horden Warehouse Suite 207 / 59 Great Buckingham St, Redfern, 2016, Sydney