

Therapy Space

Stephen Blood BAppSoSc (Couns)

Counsellor

My name is Stephen Blood, I grew up in Melbourne and moved to Sydney nearly 20 years.

As a counsellor I will work with you to explore the stories and events in your life that limit and constrain your personal growth and development, that cause you shame, anxiety or emotional pain, and also the stories and events that can build your personal power and help you in your life journey.

Through my own personal experience of being in counselling, I believe it can be a powerful agent for personal change. It can lead us to experiences of personal insight and help us develop empathy for our past and present selves. Even making just small changes through counselling has made a significant difference in my own life.

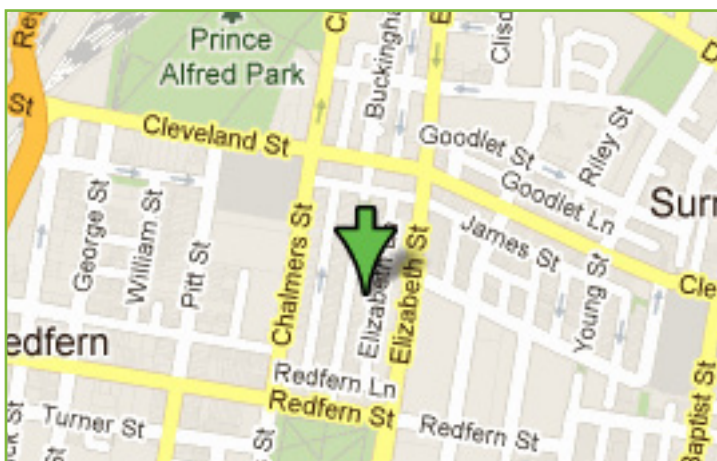
Prior to training as a counsellor I had a long career in financial services. I am very familiar with the unrelenting stress that this sort of work can place you under. I am also familiar with the many cultural issues that arise in day-to-day work life that can be frustrating, challenging and distracting.

I have a Bachelor of Applied Social Science (Counselling) from Jansen Newman Institute and am a Level 2 Member of the Australian Counselling Association.

Individual sessions are \$100 per hour. If you are a student, unemployed or experiencing financial difficulties, I understand that counselling can be expensive and potentially out of reach. I set aside several session times each week where I offer the same counselling service for a lower rate.

Please note that Medicare does not currently offer rebates for counselling and psychotherapy.

Additional information about me and my approach to counselling can be found at stephenbloodcounselling.com



Experienced in areas of:

- The impact of shame
- Identity and self-esteem
- Sexuality and sexual diversity
- Loneliness
- Life changes and growth
- Relationships
- General anxiety

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