

Fees

Relationships Australia SA provides services subsidised by the Australian Government. As these subsidies do not fully cover the costs of all services, it is necessary to charge fees. Reduced fees are available for concession card holders.

Special arrangements may be negotiated for people on low incomes or with special requirements.

Individual requirements

Relationships Australia SA is committed to providing quality services to all people and understands that sometimes there are barriers that may prevent people from accessing community services. If you have any difficulty in accessing our services please speak to us about how we can help. For example, we can arrange for a cultural assistant or an accredited language or hearing interpreter to assist you if necessary.

Confidentiality

All information given to the agency is confidential. Confidentiality will only be waived when matters of a serious or criminal nature arise.

Relationships Australia SA locations

City (Adelaide)

161 Frome Street
Adelaide SA 5000
T: (08) 8223 4566
F: (08) 8232 2898

West (Hindmarsh)

49a Ormond Street
Hindmarsh SA 5007
T: (08) 8245 8100
F: (08) 8346 7333

Outer West (Port Adelaide)

8 Butler Street
Port Adelaide SA 5015
T: (08) 8340 2022
F: (08) 8241 5236

South (Marion)

Suite 500a
Westfield Shopping Centre
297 Diagonal Road
Oaklands Park SA 5046
T: (08) 8377 5400
F: (08) 8377 5411

North (Salisbury)

Shop 8a
Salisbury Cinema Complex
Cnr James and Gawler Streets
Salisbury SA 5108
T: (08) 8250 6600
F: (08) 8285 4494

North (Elizabeth)

13 Elizabeth Way
Elizabeth SA 5112
T: 08 8255 3323
F: 08 8255 7753

North East (Ridgehaven)

Unit 2, 1273 North East Road
Ridgehaven SA 5097
T: (08) 8396 4237
F: (08) 8396 4238

Riverland (Berri)

9 Kay Avenue
Berri SA 5343
T: (08) 8582 4122
F: (08) 8582 4152

Adelaide Family Relationship Centre

161 Frome Street
Adelaide SA 5000
T: (08) 8419 2000
F: (08) 8232 2898

Salisbury/Elizabeth Family Relationship Centre

Shop 8a
Salisbury Cinema Complex
Cnr James and Gawler Streets
Salisbury SA 5108
T: (08) 8250 6600
F: (08) 8285 4494

13 Elizabeth Way
Elizabeth SA 5112
T: (08) 8255 3323
F: (08) 8255 7753

www.rasa.org.au

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RELA097

Relationship Counselling



Relationship counselling enables individuals, couples and families to build positive relationships.

Relationships Australia
SOUTH AUSTRALIA

What is relationship counselling?

Relationship counselling offers opportunities for individuals, couples and families to improve and strengthen their relationships.

Individual counselling can assist people to successfully navigate the process of establishing a new relationship as well as address existing patterns of relating with important others in their lives (e.g. parent, friend, sibling, colleague).

The couples counselling process attends to relationship commitment, enabling couples to build positive relationship habits, manage conflict and strengthen relationship aspirations. Family counselling involves exploring patterns of relating, managing conflict and strengthening relationship bonds.

Why use relationship counselling services?

Most of us believe that our intimate relationships are the most important areas of our lives, and we aspire to have positive and fulfilling relationships with our partners, children, extended families, friends and colleagues. Relationships Australia SA's professional counselling services seek to promote such respectful and positive relationships.

For many of us, experiencing conflict, discontent or hurt can negatively impact on the quality of our relationships with our partner, extended families, children or colleagues. Support from a relationship counsellor is a positive way to clarify relationship concerns and develop strategies for improving these interactions. Very occasionally this may involve relationship separation but mostly it involves strengthening respectful relating habits and building loving patterns of communication.

Relationship counselling is suitable for anyone looking to:

- Improve self-confidence
- Establish positive habits and interaction patterns in the relationship prior to marriage or living together
- Address concerns about intimacy and family relationships
- Strengthen couple relationships, including managing conflict and repair after an affair or betrayal
- Improve parent and child relationships
- Cope with separation and relationship loss
- Overcome trauma, including the impact of family violence and abuse.

How does counselling work?

The counselling process provides:

- Positive goal-directed processes
- Opportunities to overcome relationship conflict
- Strategies for healing relationships after an affair or betrayal
- Relationship support by strengthening positive interaction patterns.

Our counsellors respect cultural differences, recognise different beliefs and regularly work with diverse relationship and family arrangements.

Who provides the services?

Our relationship counsellors have specific professional skills in marital and couple therapy.

All counsellors at Relationships Australia SA are experienced professionals trained to assist individuals, couples and families at different stages of life to overcome conflict and difficulties and build positive relationships.

Our specialist relationship services include:

Pre-marriage/pre-living together counselling

Building positive relationship habits is a good way to develop a lasting and mutually satisfying relationship. We have specially trained pre-marriage counsellors who provide a guided process for building new couples' shared understanding about their relationship commitment and relationship direction, which will assist them in enhancing their new love.

Couples therapy

All couples need to refresh and repair their relationship at some point. Some of us do this without help but many of us need skilled guidance from a couples therapist to strengthen loving habits and restore shared relationship goals. The couples counselling process enables couples to manage conflict and reaffirm their relationship commitment.

Sexual concerns

Relationships Australia SA has specially trained counsellors who are able to work with people and couples who may have concerns about identity, sexual expression and sexual fulfilment.

Trauma

Traumatic experiences (e.g. childhood sexual abuse, family and domestic violence, living in care) can negatively impact on relationship intimacy and sometimes parenting. Our counsellors are trained to work with these concerns and can assist survivors of trauma to build positive relationships.

Gambling

Problematic involvement with gambling can follow and/or contribute to relationship distress. We have trained counsellors (and financial counsellors) to help overcome gambling-related issues and assist with relationship repair.

Referral

Where it is deemed appropriate, and is in the best interest of the client, referral to another service or agency will be advised by the counsellor.