

Jacqueline Dobie

Master of Counselling in Applied Psychology,
Grad Dip Couns. Cert. Emotional Focused
Therapy—Individual, couples & families; Carer
Counselling; Cert Clinical Supervision; Cert Sand
Tray Therapy; Grad Dip Aged Service Mngmt &
Cert Indep Quality Review Mngmt.

Jacque has over fifteen years experience in primary health service delivery across community and residential aged care. Experience consist of psychological service delivery, assessment, program design, development planning implementation coordination, management, continuous quality improvement accreditation review & management of aged care lifestyle enhancement programs, primary & allied health community programs & the NSW Sate wide National Carer Counselling Program. Specialising in Improved relationship, Carer Counselling, Positive Ageing, Life Enhancement, Family Therapy & Behavior Change. Creating quality in life & care.

**For Appointments
Contact:**

Ms. Christine Borg

**Central Highlands
General Practice
Network**

Ph (03) 5428 4848

**Use Appointment
Fax Back Form**

Fax to: 03) 5428 4842



Jacqueline Dobie
Counselling & Consultancy
Services

Master of Counselling Applied
Psychology - Clinical Member
ACA, CAPA, PACFA, AARC,
VAFT

Provision of quality
psychological support for
residents, staff, families &
carers living within the
Central Highlands General
Practice Network.

Aged Care Knowledge & Experience

Aged services management of assessment, resident profile & lifestyle enhancement programs aims to encourage connectivity, enjoyment, positive ageing & transition. Understanding of the changes ageing brings physically, socially, mentally, emotionally & spiritually.

Knowledge, awareness & sensitivity of changes & onset of dementia – how this challenges & changes relationships, behavior & care requirements.

Demands of quality care & accreditation.

Counselling

- Changes & adjustments
- Anger & frustration
- Existential processing of impending ‘end of life’
- Grief & loss
- Depression
- Anxiety
- Relaxation & release
- Transition issues
- Restraints & Limitations
- Relationship difficulties life & family changes
- Positive ageing & potential lifestyle enhancement

Staff and Family

- Family Therapy to assist in the transitions of care
- Carer counselling
- Conflict Resolution
- Mediation
- Improved communication Skills
- Existential process of impending ‘end of life’
- Grief & Loss & Adjustments
- Creating new relationship
- Coping with stress & anxiety
- Relaxation strategies
- Self care
- Managing difficult behaviours