ABOUT ME

I am a Social Worker with 18 years expertise working with clients who have experienced various types of trauma from relationship/childhood trauma, Domestic Violence, sexual assault, workplace bullying, family conflict issues, parent adolescent conflict ,motor vehicle accident trauma & natural disaster/emergency recovery.

I offer appointments via Telehealth, video conferencing & Face to Face appointments in Inverell. I offer private fee paying counselling & funded.

REGISTERED WITH:

Approved Victim Services NSW counsellor, Registered provider for SIRA NSW, WorkSafe QLD/VIC, Carer Gateway VIC. I also see self managed NDIS clients..

CARE TO BLOOM COUNSELLING

Care to Bloom
COUNSELLING

CONTACT ME

WWW.CARETOBLOOM.COM.AU
CARETOBLOOM@GMAIL.COM

92 OTHO ST, INVERELL NSW

KELLIE BELLETTE

SOCIAL WORKER

WWW.CARETOBLOOM.ORG

MY SERVICES

COUNSELLING:
* INDIVIDUALS
* COUPLES.

SOCIAL WORK SERVICES
- ASSESSMENTS.
- CASE PLANNING
- CASE MANAGEMENT/REFERRAL
- GOALS SETTING
- ADVOCACY
- COMPLEX PROBLEM SOLVING
- IDENTIFYING STRENGTHS AND DEVELOPING RESILIENCE.
- SELF-MANAGEMENT SKILLS
- RETURN TO WORK ASSESSMENTS.
- PSYCHOSOCIAL ASSESSMENTS
- LIFE TRANSITIONS
- PLAN REVIEW REPORTS
- BOUNDARY SETTING
- CONFIDENCE BUILDING

MY PRACTICE

COUNSELLING MODALITIES
As a practitioner I make use of numerous modalities in order to provide a targeted and personalised therapeutic approach.

MY PRACTICE
I give my clients lots of tools, strategies & resources that offer my clients solutions and further understanding of their symptoms, reactions & patterns in life that can be the result of trauma responsing

WHAT TO EXPECT
When engaging with Care To Bloom counselling and Social Work, you can relax, feel heard, understood and emotionally held. You can expect to explore, learn and rebuild to heal.

MODALITIES
CBT/DBT, Schema therapy, Narrative Therapy, Internal Family Systems, Emotional Focused Therapy, Strengths based brief solutions focus.

CLIENT REVIEWS CAN BE SEEN ON MY GOOGLE BUSINESS PAGE.