

FURTHER INFORMATION ABOUT COUNSELLING AT ST JAMES'

In response to a need expressed by our local community, St. James' Church is now offering a socially inclusive and non-faith based professional counselling service as part of its new outreach ministry to the city.

While advancements in contemporary living have brought comforts and other benefits not previously enjoyed, they have also resulted in increased and often overwhelming levels of stress related to a rise in pace, competitiveness, and individual expectations in both public and private life.

This phenomenon has given rise to:

- Excessive workload and/or workplace insecurity, dissatisfaction and frustration
- Struggles with maintaining a work-life balance
- Problems with interpersonal relationships at home and/or work
- Difficulties with intimacy and solitude
- Mood changes that impact joy of life
- Loss of purpose and meaningfulness
- Struggles with injustice, loneliness, responsibility, authenticity, pain and loss

Our professional counsellors, psychotherapists and life coaches are available to assist individuals, couples, and family members on a wide range of issues. Appointment flexibility is offered to accommodate work schedules. The service is provided in rooms in the lower level of St. James' Church, located in the heart of the CBD.

To make an appointment or for further details please visit www.sjks.org.au or telephone 8227 1300.

OUR COUNSELLORS



Loretta King BA Grad Dip MCAP (Couns & Psych) is a graduate of the University of NSW and the Jansen Newman Institute of Counselling & Applied Psychotherapy. She is a member of the Counsellors & Psychotherapists Association of NSW (CAPA) and the Counselling & Psychotherapy Federation of Australia (PACFA). She is experienced in working with individuals, couples, families and groups (of all ages) in areas of mental health, relationship counselling, and life coaching. As an extension to her psychotherapy practice, Loretta conducts singing therapy workshops to facilitate stress reduction, self-empowerment and creative expression.



William Suganda

BA (Industrial Relations & Psychology, University of Sydney), Grad Dip (Counselling & Psychotherapy, Jansen Newman Institute) is a member of the Counsellors & Psychotherapists Association of NSW (CAPA). An experienced practitioner, he offers psychotherapy, counselling and coaching services to adolescents, adults, couples and families. William complements his practice by delivering retreats in Australia and overseas for individuals who wish to experience greater peace of mind, clarity and inspiration.