



## AT TAS COUNSELLING IS AVAILABLE FOR STUDENTS, PARENTS AND STAFF.

The Counsellor at TAS is Mr Rob Hadfield and his rooms are located in Student Services at the southern end of Fisher Wing. Mr Hadfield can be contacted at any time on 0410 934 172 or by email to [rhadfiel@as.edu.au](mailto:rhadfiel@as.edu.au).

### How do I make contact if I am a student?

Drop by and make an appointment or speak to your advisor or a trusted teacher who will be able to help you arrange a time. It helps to bring a friend if you are feeling uncomfortable.

### How do I make contact if I am a parent or staff member?

Phone or email to arrange a time or contact TAS Reception on 6776 5800 or email [reception@as.edu.au](mailto:reception@as.edu.au)

## ABOUT THE COUNSELLOR

Rob Hadfield has lived a rich and varied life as a teacher, school counsellor, lecturer at Armidale CAE and University of New England and a counselling psychologist and psychotherapist in private practice. Rob is a member of the Australian Psychological Society, a member of the College of Counselling Psychologists of the Australian Psychological Society and a Registered Psychologist.



Rob Hadfield  
TAS Counsellor

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## COUNSELLING AT TAS

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# WHAT IS COUNSELLING

**Counselling is a special kind of conversation for helping you understand some of the difficult things that are emerging in your life.**

These days counsellors and psychologists are working in all kinds of settings (schools, universities, businesses, sporting clubs) to help people live effectively and well, to help them reach their potential or to help them overcome obstacles that are hindering this.

Sometimes counselling is a matter of helping you sort out the things that are not going the way you would like them to, 'clearing the decks' so that some new and different possibilities can emerge. Perhaps acting in a way that represents a new way of responding or that breaks with old patterns of behaviour.

Life is unpredictable and sometimes it is helpful to talk about events that have occurred in your life that are proving difficult for you, such as family breakdown, the illness or death of someone close, other losses such as the end of a relationship, peer difficulties, sexual issues, difficulties with alcohol or other drugs, exam stress or uncertainty about future directions.

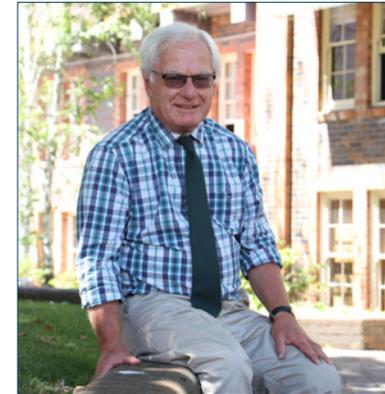
Counselling is about whatever is happening in your life. It is about getting clarity, developing skills, solving problems or dealing with issues so that life can move forward again.

Counselling can help you maintain your own mental health and personal resilience. Just like being physically healthy it is important to remain mentally healthy.

Experiences like anxiety and depression, out of control anger or bullying should not be ignored because they set up very damaging patterns in our lives that drag us down. The symptoms of anxiety and depression are extremely common but you don't have to live under their shadow. They can be treated effectively. Being able to manage our reactions (like anger) or deal with bullying or harassment are important aspects of personal coping and social relating.

The Counsellor is especially able to listen well to you as you tell your story. To be able to trust someone else with your issues or difficulties and to be heard deeply and accurately so that you have a sense of being understood is a great experience. It is a real relationship that leads on to an exploration of those parts of your story, that create most hassle, pain, confusion or uncertainty.

Counselling helps you empower your life again, to feel that you can survive and thrive to be more confident in your ability to cope or handle things, to develop the skills for effective living.



Mr Rob Hadfield

