

Our Vision

To empower our clients with a positive vision and direction for their future. We will inspire individuals to reach their full potential.

About Us

Vision Counselling and Psychology was established in 2009 to provide professional counselling services to West Australians.

Vision develops and delivers counselling and psychology programs to private, corporate and community clients across W.A.

Post Therapy Support

What happens after my session?

We understand that finishing counselling (even though it is an event that you can be proud of) can be a daunting experience. You have shared your feelings and overcome issues with your counsellor by your side and now it is time to put everything you've learned into practice by yourself. To help you through this time of transition we offer a Post Therapy Support Program.

What is the Post Therapy Support Program?

The Post Therapy Support Program is a free service provided by our support team. A few weeks after your counselling has finished we will contact you to check-in, discuss how you are and whether you need any further support.

Contact Us

1300 1 VISION

-  1300 184 746
-  admin@visioncounselling.com.au
-  www.visioncounselling.com.au
-  173 Gildercliffe St
Scarborough WA 6019



Premarital Counselling

Premarital Counselling

Premarriage counselling is available for couples at Vision Counselling and Psychology.

Our Premarital Counselling Program provides couples with the opportunity to explore and discuss a broad range of relationship topics, in a safe environment with a qualified counsellor.

The Premarital Counselling Program encourages open communication and will help you to identify and design the future that you would like to work towards – together.

The Premarital Counselling Program consists of four sessions with each session focusing on a different area of your relationship. These areas of focus will include -

Goals

The initial session focuses on identifying and setting realistic short, medium and long term goals both as a couple and as individuals. This will provide you both with the opportunity to explore what you would like for your future together and how you plan to achieve this.

We will also focus on your personal goals as individuals and discover how you can support one another to reach your full potential.

Boundaries

Defining and understanding the boundaries is an important aspect of achieving a satisfying relationship. Everyone has a different set of boundaries and values. By identifying and understanding yours, you may feel safer and happier starting your new journey together.

Communication

This session will focus on communication and problem solving skills. We will look at the way you currently communicate, interact with one another and solve problems. Together we will identify your strengths in these areas and assist with new communication skills to equip you for your future together. This session also includes conflict resolution.

Managing Pre-Wedding Stress & Savouring

Arranging a wedding can be an extremely stressful time and can place extra pressure on your relationship. Our final session will look at how you can manage the pre-wedding stress and focus on savouring and making the most of this very special experience.

Your Time

Most importantly, there is also an opportunity to discuss any issues or topics that you choose before marriage, such as blended families, religion or cultural differences for example.

How do I arrange an appointment?

1. Call the Vision support team on 1300-1-VISION / 1300 184 746
2. Request Premarital Counselling
3. Provide your details
4. Book an appointment time

Information for Marriage Celebrants

if you are a Marriage Celebrant you are welcome to download our brochures from our website. If you would like further information on our services, please contact our office on 1300-1-VISION