



Nervous System Reset Tools

- Slow exhale breathing (longer out-breath)
- Physiological sigh (2 short inhales + long exhale)
- Humming / chanting
- Singing (or listening to calming music)
- Warm drink / warm shower
- Cold splash (face/neck)
- Gentle movement (walk, stretch, sway)
- Shake out tension (30–60 seconds)
- Grounding: 5–4–3–2–1 senses
- Orienting: look around, name “safe cues”
- Nature / outside air
- Sunlight (morning if possible)
- Hydration + snack (blood sugar check-in)
- Rest / micro-break (2–5 minutes)
- Yawn / jaw release
- Laughter / playful moment
- Connection: safe person, text/call
- Pet/animal time
- Journalling: “what do I need right now?”
- One small task (reduce overwhelm)



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EMDR

Eye Movement Desensitization & Reprocessing

Heal without revisiting all the details

EMDR is an evidence-based therapy that can help people of all ages (including children) process trauma and distress without having to re-experience it in detail.



What happens during EMDR?

- ✓ I guide you in recalling distressing memories while stimulating your brain with bilateral eye movements or tapping.
- ✓ This dual focus helps you process and release trauma without needing to go over every detail or relive painful experiences.
- ✓ Over time, the emotional charge of the memories fades and you feel more calm, confident, and present.

\$150 per 100 minute session while I develop my clinical hours

Enquire via my website to see if EMDR is the right fit for you.

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Helpful **TOOLS**
COUNSELLING

TRAUMA-INFORMED COUNSELLING

What Trauma-Informed Means

I understand how trauma shapes emotions, thoughts, and behaviours. I create a safe space for healing that empowers you toward real solutions.

Helpful Tools I Use



EMDR: Process and release traumatic memories



Attachment-Based Therapy: Repair safety and relationships.



Somatic Therapy: Connect with physical sensations to release tension.



Christian Counselling: Integrate your faith with compassionate mental health support.



Attachment—Based Therapy
Repair safety and relationships

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Helpful TOOLS
COUNSELLING

Feeling overwhelmed... and carrying it alone?

Support for individuals, children & families

*Practical tools.
Real healing.
Warm support.*

EMDR
for trauma
& distress

In-person or Telehealth

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Helpful Tools for Emotional Regulation

Supporting healthy responses to big feelings

Emotional regulation is the ability to understand, manage, and cope with our feelings in a healthy way. When we teach kids (and ourselves) to regulate, we nurture emotional wellbeing and strengthen resilience, relationships, identity and overall mental health.



Name Feelings

Help children name and describe emotions, e.g. "I feel worried, like butterflies are in my belly."



Use Calming Activities

Tools like deep breathing, sensory grounding, physical activity and creative outlets.



Model Emotional Regulation

Calmly model how to manage sadness, anger, anxiety, etc., in real-time.



Mindful Moments

Teach simple mindful tools like "5 senses," grounding or guided imagery.



Practice Co-Regulation

Stay calm and supportive when your child has big feelings on their way to learning self-soothing.



Visuals & Tools

Use feelings charts, calm down kits and toolboxes for brain breaks.



Manage Meltdowns

Prepare for dysregulation with compassion and plan to defuse safely.



Problem Solving Skills

Teach conflict resolution, positive self-talk, and skills to cope and repair.

Emotional regulation is a skill. It can be taught and nurtured.



Christian & Faith-Friendly Crisis Support (Australia)

If you or your child are in immediate danger, call 000.

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Lifeline Australia – 13 11 14

24/7 crisis support | Phone & online chat

Originally founded by Wesley Mission

Faith-respectful and widely trusted

www.lifeline.org.au



Salvos Care Line – 13 72 58

Run by The Salvation Army

24/7 pastoral-style emotional and spiritual support

Christian-based listening and prayer available



Suicide Call Back Service – 1300 659 467

24/7 phone & online counselling

Specialised support for suicide
and self-harm



Kids Helpline – 1800 55 1800

For children & young people (ages 5–25)

24/7 phone, webchat and email

Faith-respectful and very child-appropriate



Vision Christian Prayer Line – 1800 007 770

Christian prayer and pastoral support

Available most days.

Great for families wanting explicit prayer support

Faith-respectful crisis supports for families who value spiritual care.



Helpful Tools for Managing Your Child's Anxiety

Gentle, evidence-based support for you and your child

When your child experiences anxiety, it can be difficult to know how to help. Using gentle, evidence-based tools can reduce anxiety, teach self-regulation skills, and strengthen your child's sense of safety and confidence.



Understand Their Anxiety

Recognize physical signs & anxious thoughts and validate their experiences.



Create an Anxiety Toolbox

Use tools like breathing exercises, grounding and positive coping statements.



Teach Calming Strategies

Teach skills like deep breathing, sensory calming and positive self talk.



Co-Regulate with Them

Stay calm, use gentle reassurance, and help them regulate their emotions.



Establish Routines

Predictable routines and consistent limits support a sense of security.



Empathize & Normalize

Listen with patience and let children know they're not alone in their worries.



Gradual Exposure & Practice

Take small steps to gently face fears and celebrate every bit of bravery.



Reduce Anxiety Traps

Reduce unhelpful reassurance, escape behaviors and avoidance.

Support is available. You don't have to navigate your child's anxiety alone.



Helpful Tools for Parents

Support that is practical, warm and empowering

Parenting is one of the most meaningful — and most demanding — roles we will ever hold.

Most of us were never taught the emotional tools needed to raise children with confidence, connection and calm — but these tools can be learned.

Helpful Tools I Offer Parents:



Psychoeducation

Understanding child development, behaviour and emotions.



Emotion Coaching & Co-Regulation

Supporting big feelings and teaching regulation skills.



Attachment-Informed Parenting

Strengthening secure and healthy bonds.



Managing Challenging Behaviour

Tools for anxiety, meltdowns & school stress.



Connection-Based Discipline

Setting limits with empathy and respect.



Neurodiversity-Informed Support

Guidance for ADHD, autism & sensory needs.



Parental Wellbeing & Burnout Support

Caring for yourself as a parent.



Family Communication Tools

Improving listening and problem-solving.

You don't have to parent alone.

Let's build your parenting toolkit — together.



Navigating Narcissistic Personality Disorder (NPD)

• Understanding NPD

- NPD is a complex mental health condition marked by persistent patterns of grandiosity, lack of empathy, and a need for admiration.
- Education is key to recognising narcissistic behaviours and protecting your well-being.

• Staying Safe

- Dealing with a narcissistic individual can be challenging. Safeguard your emotional and physical safety by setting clear boundaries, seeking support, and trusting your instincts.
- Therapeutic support can provide tools and guidance.

• The Grey Rock Method

- The Grey Rock Method is a technique to reduce attention to emotional manipulation.
- By becoming emotionally unresponsive and “boring” like a grey rock, you make yourself less interesting to provoke.



Helpful TOOLS
COUNSELLING

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