

# ARDENTE CONSULTING

## GENERAL & CHRISTIAN COUNSELLING

*"An Alternative Approach"*

### *Helen Arden* Clinical Counsellor

Graduate Diploma Counselling  
Licentiate Marriage & Family Counselling  
B. Science (Nursing)  
Graduate Diploma Divinity

**ARCAP & PACFA Registration No. 22048**

*Clinical Member: International Society for Study of  
Trauma & Dissociation*

*Member: Mental Health Professionals Network*

**Location: Bundaberg, Queensland 4670**

## *APPOINTMENTS:*

# 0409 373 641

[info@ardenteconsulting.com.au](mailto:info@ardenteconsulting.com.au)  
[www.ardenteconsulting.com.au](http://www.ardenteconsulting.com.au)

ABN 54 130 453 500

## *ABOUT ARDENTE CONSULTING:*

Helen is a PACFA-registered Clinical Counsellor who seeks to present an alternative approach to dealing with life's problems. She uses secular models and Christian spiritual methods to provide caring confidential counselling for adults with issues including childhood and adult abuse (physical, psychological, sexual and ritual abuse).

She also works with trauma, dissociation, phobias, anxiety, depression, grief and loss, attachment issues, gender issues, emotional and relational problems and spiritual concerns, as well as EAP counselling.

Helen's professional background is in general nursing and midwifery. Her counselling education and qualifications include the Licentiate of Marriage and Family Counselling (tertiary level) and a Graduate Diploma of Counselling from the University of Notre Dame, Fremantle WA.

Helen has extensive other counselling and theological education. She attended her first workshop on Dissociation in 1995 and continues to attend many conferences, workshops and courses on trauma and dissociation and other topics relevant to her field..

Helen is available for educational and training presentations on management of deep trauma and its effects including dissociation, as well as other counselling issues of professional and community interest.

Helen has recently relocated from Western Australia to Bundaberg Queensland.

## **Telephone Office Hours:**

8am to 7pm, Mon - Fri, Sat 9am to 12md.

## **Counselling appointments:**

10am to 6pm, Monday to Friday.  
Saturdays by arrangement

## ***FEES PER SESSION, UP TO ONE HOUR:***

\$100 flat rate except weekends,  
excluding Third Party arrangements.

*Weekend appointments will attract  
a 25% loading.*

A 20% discount is offered to HCC  
holders and Over 60s.

**Charges are based on an hourly rate.  
Sessions exceeding one hour will be  
calculated in quarter hourly increments.**

**Health Insurance Rebates available for  
Medibank Private Wellness policies.**

*Consultation fees are payable at the  
time of your session. Unfortunately  
credit card facilities are not available.*

***In case of financial difficulty, please  
discuss alternative payment arrangements  
when making your appointment.***

**Please note: Non-attendance with less  
than one day's notice of cancellation  
will attract a 50% penalty fee.**

*Thank you for your co-operation.  
We appreciate your choice of  
our professional services.*