

ARDENTE CONSULTING

GENERAL & CHRISTIAN COUNSELLING

"An Alternative Approach"

Helen Ardente
Clinical Counsellor

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

PACFA & ARCAP Registration No. 22048
NDIS PROVIDER

Psychotherapists & Counsellors Federation of Australia
Queensland Counsellors Association
Mental Health Professionals Network

Queensland Blue Card & Yellow Card Exemption

44 Davidson St, Bargara and
7 Quinn St, Kepnock
Queensland 4670

APPOINTMENTS:
0409 373 641

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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, EAP and NDIS.

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.

Formerly a West Australian, Helen relocated to Bargara, Queensland in 2016.

Telephone Office Hours:

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

Counselling appointments:

10am to 8pm, Monday to Friday.

Saturdays by arrangement

Telephone sessions available.

FEES PER SESSION, UP TO ONE HOUR:

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

*Weekend appointments 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.