

Jane McNabb

Description:

Counselling for Adults, Adolescents, Children and Families.

- * Anxiety and panic
- * Relationship counselling
- * Self esteem counselling
- * Anger management
- * Trauma and abuse issues
- * Parenting concerns
- * Blended/Step family issues
- * Relaxation training and meditation practice
- * Exclusion and bullying issues
- * Social skills enhancement
- * Strategies for sleep disturbance
- * Deeper insight directed work

Jane has been a therapist for over 30 years, her work covering a broad range of settings. After a long career working with adults in the field of public mental health she followed her interest in adolescents and children and spent the last 8 years working with the Psychological Medicine and Adolescent teams at Princess Margaret Hospital. During that time she also furthered her training in Family Therapy, Trauma Counselling and Play Therapy and Assessment. Last year she took up Private Practice fully. In addition to her work at Cottesloe Counsel

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