

SUPERVISION

With Sara Harris - Counsellor &
Women's Health Therapist



**Sara is an ACA registered supervisor*

The Hormone Series

**For Counsellors & Allied Health Professionals
who are working with women.**

*Understanding the important link between
women's health, hormonal health & mental health.*

Monthly small group supervision sessions - come prepared for collaborative learning with a group of counsellors who are working with women, for open discussion, reflection, case studies, your clinical experiences & ethical dilemmas.

*Covering topics that relate to what we (counsellors)
experience in clinical practice. This may include:*

- *Why hormones matter in the counselling room*
- *The menstrual cycle - PMS, PMDD & mental health*
- *Perimenopause - the link with mental health*
- *Endometriosis, PCOS & the mental health load*
- *Hormonal contraception & impact on mental health*
- *Menopause & identity - what we see in clinic*

MONTHLY SESSIONS

OPTIONS:

Tuesday 6-8pm
Saturday 6-8am

SESSION 1

Tuesday 4th Aug 6-8pm
Saturday 8th Aug 6-8am

SESSION 2

Tuesday 1st Sept 6-8pm
Saturday 5th Sept 6-8am

SESSION 3

Tuesday 6th Oct 6-8pm
Saturday 10th Oct 6-8am

SESSION 4

Tuesday 10th Nov 6-8pm
Saturday 14th Nov 6-8am

SESSION 5

Tuesday 1st Dec 6-8pm
Saturday 5th Dec 6-8am

SESSION 6

Tuesday 12th Jan 6-8pm
Saturday 16th Jan 6-8am

INVESTMENT:
\$85 per session

BOOKING:
[HERE](#)

