



SANTA MARIA COLLEGE

COLLEGE COUNSELLING SERVICES

STUDENT WELLBEING



Counselling at Santa Maria College is offered to assist students to develop appropriate skills and attitudes and resolve problems in academic, psychological, emotional, and/or social contexts. Counselling is done within the framework of the whole school community, involving staff and parents as required. The psychologists are members of the School's Student Wellbeing Team, and consequently work within a team-based framework.

Counselling is generally on a voluntary basis. Counselling is a valuable experience to help students understand their worries and concerns, find solutions to their problems and gain support through difficult times. All students in years 7-12 can make an appointment to see one of the College Psychologists.

Counselling appointments are confidential and privacy is respected; however, where there is a concern that a student is not safe or is 'at risk' physically, mentally or emotionally the College Psychologist will need to be in contact with the appropriate people to get the right help for the student.

“If you don't
like
something,
change it.

If you can't
change it,
change the
way you think
about it.”

Mary Engelbreit

The College Psychologists can be contacted at:

psychologists@santamaria.vic.edu.au

Ms Nonie Carr

Counselling Psychologist

BSSc; GradDipEd; MPsych (Counselling); MAPS MCCOUNP

Nonie has a Masters in Counselling Psychology. She has experience working in education as a teacher, a sessional tutor and as a psychologist and has been working with the Santa Maria Community for eight years. She has also been working in private practice for 4 years. Nonie approaches each young person as an individual and works to develop a positive working relationship with them. She helps them to clarify their issue and to explore new or different ways to think, behave and approach situations, thus assisting change or coping as required. Young people are part of a number of communities, school, home, and friends and sometimes work; all have an impact on their lives and this is taken into consideration as Nonie meets with each individual. Nonie chooses approaches to suit each young person, including cognitive and behavioural strategies, positive psychology, Acceptance and Commitment Therapy (ACT), and Mindfulness-based Cognitive Therapies and a variety of relaxation strategies.

Mrs Andrea Curtis

College Psychologist

BA Psych, BAHons Psych, MPsych (Counselling), Registrar CCOUNP

Andrea is a counselling psychologist with experience working with children, adolescents and families within the school setting. Andrea has worked within the Catholic School system for 9 years. Andrea endeavours to work collaboratively with young people to develop a shared understanding of presenting difficulties and to provide interventions to assist young people in developing healthy emotional, social, mental and physical wellbeing. Promoting positive strengths and growth for young people is a key component in Andrea's work. Andrea utilises a range of evidence-based interventions and therapeutic models to meet the individual needs of the young people that she works with. These include; cognitive behavioural therapy, behavioural therapy, mindfulness, acceptance and commitment therapy, narrative therapy, solution-focussed therapy, play therapy, social and emotional skills training and relaxation training. Andrea is also skilled in psychological and intellectual assessment and works with schools, parents and students for support with learning needs.



The College Psychologists can be contacted at:

psychologists@santamaria.vic.edu.au