

PETA RICHARDS

ACA ACCREDITED
COUNSELLOR AND MENTOR



☎ 0421-173-189

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📍 Adelaide, South Australia

🌐 petarichards.com.au

PROFILE

I'm Peta Richards, a qualified counsellor with 20 years of professional experience working directly with neurodivergent individuals and their families. Clients leave with specific tools they can use immediately, not vague coping strategies

SUPPORT

- Emotional Wellbeing
- Anxiety or Stress
- Parental Support
- Life Transitions
- Self-Care
- Burnout
- Socialising Skills
- Communication

QUALIFICATIONS

DIP OF PROF COUNSELLING

Australian Institute of Professional Counselling

DIP OF CHILDREN SERVICES

CERT IV IN DISABILITY

- National Police Check
- Working with Children Clearance
- NDIS Screening Clearance

SERVICES

BOOK IN FOR A FREE CONSULTATION

15-mins/complimentary

- I will introduce myself, my therapy approach, and scope.
- We can discuss your goals and answer any questions you have.

BOOK YOUR INTAKE SESSION

75 mins/\$150 per session

- We explore your background, current life situation, and counselling goals in more depth
- We develop a plan for future sessions.
- We set up regular meetings so that you're fully supported

SUBSEQUENT SESSIONS

60-min/\$100 per psychosocial support

60-mins/\$150 per session

- Continue with standard sessions
- This is available in clinic at Magill, online or at home
- We will continue to discuss your needs