

CHILD AND ADOLESCENT COUNSELLING

**lifetime
connect.**
THERAPY AND EDUCATION
SUPPORT SERVICES

What Do Our Counsellors Do?

Our Counsellors support children, teens and young adults (aged 0-25 years) with a variety of diagnoses by providing a safe, compassionate space to explore their thoughts, feelings, and experiences. They help young people develop emotional resilience, navigate experiences like anxiety, behaviour change, or family relationships, and build healthy coping skills.



Counsellors also work closely with parents and caregivers, offering guidance, strategies, and support to strengthen family relationships and promote positive development at home and in daily life. They work to empower each child, adolescent and young adult to thrive socially, emotionally, and mentally.

Please contact:

Phone: 02 6568 4026

Admin: tess@lifetimeconnect.org.au

Website: <https://lifetimeconnect.org.au/service/therapy-and-education-support-services/>

Get to Know Our Port Macquarie Counsellor

Ali Dibbs

Ali is a Counsellor and Provisional Psychologist, holding a Bachelor of Psychology (Honours), alongside studies in Positive Behaviour Support. Having worked with clients, carers and families across multiple settings, she has a passion for holistic practice, to strengthen family bonds and build resilience. With experience working with a range of behaviours, social and emotional challenges, the aim is to tailor strategies to honour each family's culture. Therapy doesn't have to feel clinical, so Ali's sessions are creative and engaging - using play, art and storytelling.

Approaches & Interventions

- Acceptance and Commitment Therapy
- Dialectical Behaviour Therapy
- Cognitive Behavioural Therapy - exploring the relationship between thoughts, feelings and behaviours.
- Play-Based Therapy
- Art & Craft Based Therapy
- Trauma informed & neuro-affirming approach

SUPPORTS WITH

- NDIS letters of support
- Recommendations for behaviour supports
- Processing emotions
- Strengthening bonds
- Living with anxiety
- Behaviour change
- Social skills



Availability

Ali has openings for counselling sessions on Mondays, Tuesdays & Thursdays in Port Macquarie, Kempsey and surrounding areas (clinic, home visits & preschool/school visits).