

PRIVATE PRACTISE
**EMPLOYEE ASSISTED
PROGRAM**

PRIVATE PRACTISE EMPLOYEE ASSISTED PROGRAM

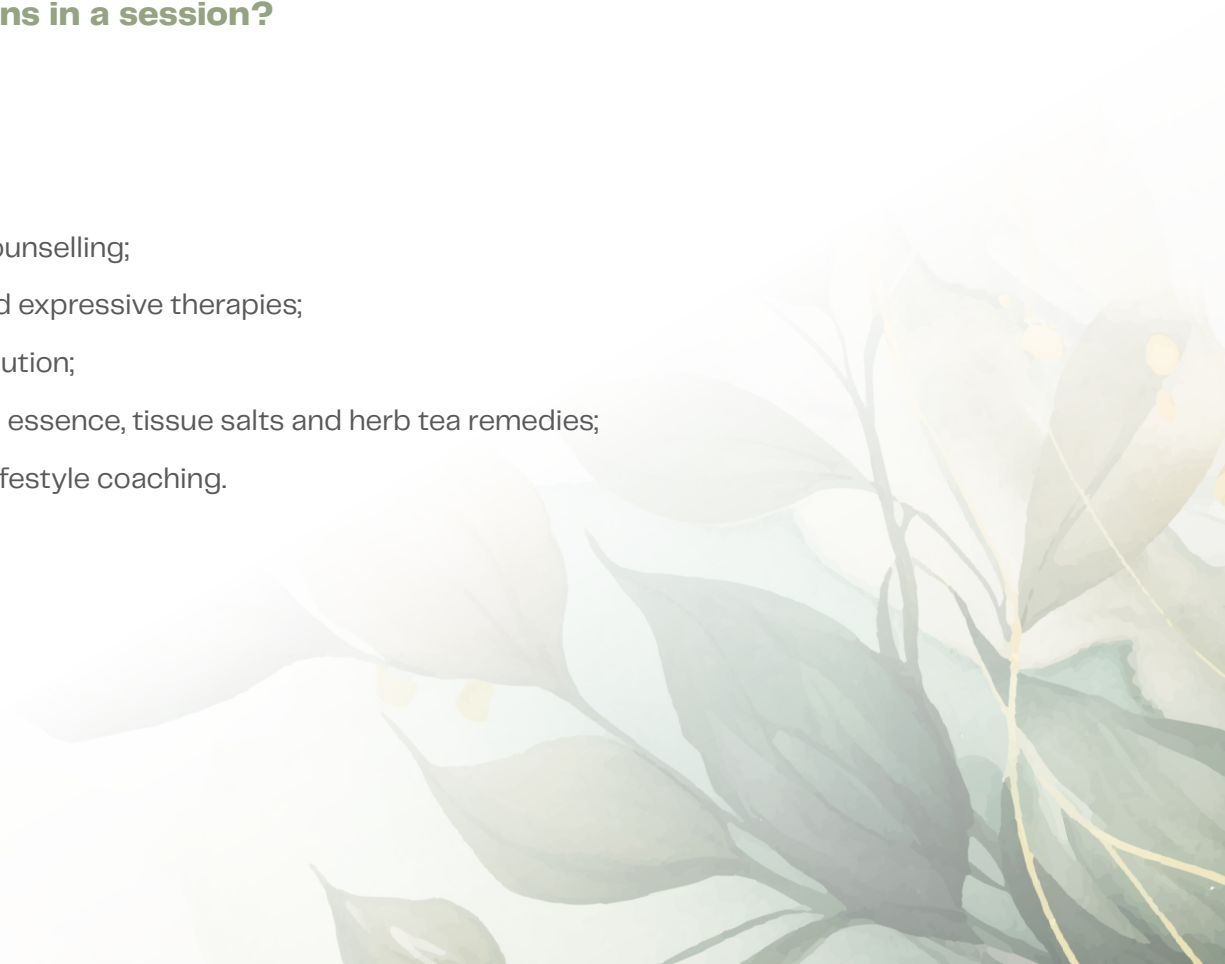
Toni offers sessions for individuals and couples online, over the phone and in person. Toni's use of a holistic and somatic approach attends to the wellbeing of the whole person including thoughts, emotions, physical, cultural, social and spiritual.

What type of concerns?

- Marital and interpersonal relations
- Family and parenting
- Cross and intercultural differences
- Discrimination
- Work-related stress
- Personal and career direction
- Stress and burn-out
- Anxiety and depression
- Problematic substance use
- Critical and traumatic incidents
- Conflict, power and control
- Loss and grief

What happens in a session?

- Listening;
- coaching;
- mentoring;
- embodied counselling;
- receptive and expressive therapies;
- conflict resolution;
- home, flower essence, tissue salts and herb tea remedies;
- dietary and lifestyle coaching.



What are the objectives? To...

- Provide people with opportunities to learn, develop and practise new skills for life in a safe, non-judgemental, and encouraging environment.
- Equip people with tools and practical ways to achieve and maintain their desired goals.
- Develop greater awareness and understanding of themselves, others, and the situation.
- Support people to connect to and express more of their authenticity.

What kind of results can be expected?

- Improved health.
- Reduction in pain.
- Better lifestyle choices.
- Renewed hope and optimism.
- Increased confidence.
- Empowerment and an ability to voice their position, needs, concerns, experience.
- Greater awareness of their rights.
- Restored trust in themselves and others.
- Healthier relationships.
- Clearer communication.
- Stronger boundaries.
- Acceptance.
- More realistic expectations of themselves and others.
- Capacity to heal, change, grow, accept.

Booking

An online link with availability is provided so clients and staff can self book and reschedule as needed.

Process

As part of a Welcome Package to new Organisations, I am offering three complimentary half hour sessions to acquaint three different and interested staff members to my EAP service. Upon confirmation of our agreement, the Organisation will be provided with an intake form, consent form and Code of Ethics & Practise for staff to complete and sign prior to booking their first EAP session with me at Studio Shemewé.

Reporting

A report providing de-identified information such as the number of staff and sessions completed per week or month is provided.

About Toni

Toni has over 35 years of lived and professional experience, practice, and training. She has operated a private practice since 2002 and worked as an Holistic & Somatic Counsellor for a multicultural specialist organisation.


Having worked with people across the age span from 3 to 80 years, including professionals, women, men, couples and families; people who are vulnerable including youth at risk, people in rehabilitation or from refugee and migrant backgrounds; Toni knows her stuff, what works, and how to inspire healing and champion learning for a broad range of people.

Rates, Cancellation or No Shows

Payment is expected for any cancellations under 24 hours or no show.
\$200 per hour plus GST



Qualifications and Training

- 2024 Diploma in Biochemic Therapy, enrolled
 - 2022 Certificate in Mental Health First Aid
MHFA
 - 2022 Certificate in Australian Bush Flower Essences
Ausflowers
 - 2020 Certificate in First Aid
 - 2019 Working Supportively With Refugees: Principles, Skills and Perspectives
University of Glasgow
 - 2019 Collective Trauma Summit, 9 day global event
 - 2019 Healing Sexual Trauma, A Somatic and Attachment Approach to
Working with Therapy Clients
Trauma Solutions, Dr Diane Poole Heller
 - 2018 Men's Behaviour Change
Education Centre Against Violence, (ECAV) NSW Health
 - 2018 DV–Alert
Lifeline
 - 2018 Certificate in Somatic Sexology
Institute of Somatic Sexology
 - 2017 Working with Couples and Working with Men
Relational Life Institute
 - 2017 International Lewis Deep Democracy Conference
Mechelen, Belgium
 - 2017 Level One Foundation Course
Lewis Deep Democracy
 - 1999 – present Educational Kinesiologist (550 hours+)
Educational Kinesiology Foundation
 - 2013 Interactive Drawing Therapy Counsellor (56 hours)
Interactive Drawing Therapy Limited (IDT)
 - 2008 Nutritional Biokinetics (160 hrs)
The Kinesiology Academy
 - 2001 Touch for Health Practitioner Levels I – IV (60 hrs)
 - Other: Certificate in Macrobiotics and Anthroposophic First Aid
- 



www.shemewe.com.au

TONI HACKETT

ABN: 63252763745

0432 700 390

info@shemewe.com.au