

Sarah Fountas

Sarah has a wealth of experience working cross-culturally including working in a Community Outreach role, exposed to expat, migrant, refugee and asylum seeker needs.



Using an integrative practice style, Sarah considers attachment styles, past schemas and/or traumas in assessing the therapeutic approach best suited to individual clients.

Sarah has worked with clients who experience Relationship conflict, Childhood Trauma, PTSD, Loss, bullying and other life matters.

Therapy can be short term and very solution focused or it can be deeper, more psychodynamic focused, depending solely on what the client wants to gain out of their sessions.

Injuries occur to one's mental health as they do to one's physical health.

These become sore, sensitive and more painful over time. Each injury needs a safe environment in which to heal.

An empathic, client-therapist relationship is important, one where the client is assured they will be kept inside their 'window of tolerance', moving at a pace they choose.

- Sarah Fountas

Our Services

The range of mental health services provided at NewHope Medical is available to assist your patients to overcome their challenges and build their mental health.

Male & Female Counsellors

A diverse range of cultural backgrounds, and languages are represented in our male and female counsellors and psychologists.

Why choose us:

- Experienced, qualified, friendly and caring staff and practitioners
- Range of therapy styles to suit your patient's needs
- Concession or bulk bill rates for qualifying patients
- Face to face or online sessions as required
- All our counsellors are practicing Christians and on your patient's request, can incorporate supportive discussion around their personal faith walk.

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Called to Care

**MENTAL HEALTH
IS OUR PRIORITY**



Amira Azab

Amira has a passion to walk alongside her clients as they attempt to achieve goals set in counselling and to empower them to overcome difficulties, build resilience and take pride and pleasure in their successes. As a mental health social worker, Amira uses a strength-based model that considers the bio-psycho-socio-spiritual dimensions of the client's life and uses a set of focused psychological strategies to target mental health issues.

Mental health issues covered in sessions include, depression, anxiety, anger management, grief, problem solving skills, time management, parenting skills, relationship issues, communication skills, career and work-related issues.

Amira comes from diverse studies in mental health with a Bachelor and Graduate Diploma in Psychology, Diploma in Counselling and a Master in Social Work with specialisation in Mental health; she has training in trauma focused therapy and AOD therapy. She also has a Bachelor degree in Business Administration and worked in employee assistance PROGRAM (EAP). All these disciplines add depth and breadth to her counselling model.

Besides English, Amira is fluent in Arabic

Perrin Chan

Perrin has experience working with clients across the lifespan and with different cultural backgrounds. He has worked in schools and private practices providing counselling and assessment to promote the emotional wellbeing of his clients.

He values a strong therapeutic relationship with his clients, and works collaboratively with them. Perrin incorporates a variety of therapeutic approaches including Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Emotionally Focused Therapy (EFT) and Mindfulness.

Perrin can assist with different issues including Anxiety, Depression, Stress management, Problem-solving, Parenting skills, Self-management of behaviours, Behaviour change, Self-esteem, School and academic difficulties, Children with special needs, Adjustment issues, and Transition of life stages.

Besides English, Perrin is fluent in Cantonese and Mandarin



Dr Kenneth Cole

Kenneth has been involved in the improvement of unemployment services and professional supports for students in schools struggling with mental ill-health.

He is an 'integrative' counsellor, using various therapeutic approaches to design a recovery plan tailored to each person's specific needs. Methods used include Cognitive Behaviour Therapy, Schema Therapy, Solution-Focused Therapy, Motivational Interviewing, Imagery Rescripting, Regenerating Images in Memory, and laser coaching.

Kenneth's areas of expertise include helping people recover from health and wellbeing challenges, including stress, anxiety, depression, trauma, burnout, grief and loss, work issues, and spiritual issues.

Kenneth also loves to work closely with people on problem-solving and goal achievement. He is a qualified Life Coach.