

# XTEND YOURSELF MENTAL HEALTH SERVICES

## About Us

XTend Yourself was founded in 2015 by Vendra Begonja, a fully accredited, qualified Counsellor.

XTend Yourself is an organisation based in Canberra providing services to Canberra and surrounding regions, with other national services for individuals.

Vendra utilises modern Counselling, and Psychological interventions to help support people. She adopts a non-directive, client-centred, or Rogerian therapy (Carl Rogers), achieving positive psychological outcomes.

In addition to counselling services, XTend Yourself also provides a range of other community, disability, social supports, and mental health services, nationwide.

## Who we serve

- ✓ Individuals with mental health issues or concerns
- ✓ Individuals with lived disability
- ✓ Carers and family members of individuals with lived disability

## Key points



### All individuals

can access these services, self-referred and referred by other agencies, organisations nationwide.



### Services are provided

via online, telehealth and in-person across Canberra and surrounding areas, inclusive of being a provider of Community Support Workers.



### Conversations

are important to process experiences to improve learning, decision making, problem solving and mental health and wellbeing.



### Clinical Counselling

conversations are facilitated with individuals, their families and others in their lives to work through life's challenges and considering potential changes they identify as being of benefit.

**Contact us today to learn more,  
on the details provided below.**

# WHAT IS COUNSELLING?

XTend Yourself agrees and abides by the definition of counselling by the Psychotherapy and Counselling Federation of Australia (PACFA)'s College of Counselling:

“Professional counselling is a safe and confidential collaboration between qualified counsellors and clients to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns.

Clients are active participants in the counselling process at every stage. Counsellors work with children, young people, adults, couples, families and groups. Counselling may be short term, long term, or over a lifetime, according to clients' needs.

Counsellors are fully present with their clients, using empathy and deep listening to establish positive working relationships. Counselling is effective when clients feel safe, understood, respected, and accepted without judgement. Counselling is a profession with a strong evidence base. Counsellors use empirically supported interventions and specialised interpersonal skills to facilitate change and empower clients.

Counsellors are trained in a range of modalities to work with clients from diverse backgrounds. Counselling can be broad or focused.

Clients may explore: aspects of identity, spirituality, relationships with self and others, past experiences, parenting, grief and loss, trauma, domestic violence, child abuse, use of alcohol and other substances, depression, anxiety, and other experiences.

Changes facilitated by counselling include: change in perspective, new insight, new ways of thinking about situations, new awareness of feelings, enhanced capacity to tolerate and regulate feelings, new actions or behaviours, and new decisions about life.

PACFA registered counsellors have completed an undergraduate or postgraduate counselling qualification. They are expected to participate in ongoing professional development and supervision, including their own counselling, to stay current with developments in their profession and to ensure safe, ethical practice.

\*Confidentiality is limited when there are risks to the safety of the client or others.”