

Elizabeth's Areas of Expertise

Anxiety and Depression

Stress and Burnout

Bereavement, Grief and Loss

Life Transitions

Parenting Coaching

Personal and Work-life Challenges

Assertiveness and Self Confidence

Work and Interpersonal Conflicts

Chronic Illness and Disability Challenges

Procrastination and Goal Setting

Mindfulness Skills

Trauma

I offer a free 15-minute
telephone consultation prior
to your first appointment.

Medicare rebates are available
for individual therapy when
referred by your GP with a Better
Mental Health Treatment Plan.



Please check with your private health
insurance for other available rebates

All services available online or in-person.

Book online




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Counselling & Coaching Services

Welcome to

Better Relationships



Couple & Family Services

Gottman Method Couples Therapy

Gottman Method Couples Therapy empowers couples with the skills and strategies to use together in building richer daily lives.

You can learn how to reduce criticism and blame, repair past hurts, rebuild trust, and deepen your friendship and intimacy.

You can increase your fondness and affection for each other and reignite your happy memories and shared dreams.

Family Conflict Resolution

Longstanding family patterns and strong emotions can make finding compromise or agreement seem impossible.

Your family can be supported to better understand each other, let go of past resentments and find shared answers that look after relationships into the future.

Family Mediation

As a Family Mediator I work with all family members to create a safe, respectful space where everyone is heard fairly and there is a balanced discussion of issues.

The mediation process ensures careful consideration of all parties needs to increase better understanding and find the steps towards positive and lasting solutions.



Conflict Skills

Conflict Skills Coaching

Coaching provides a supportive, reflective approach to help you end gridlocked arguments or challenging conflicts, and increase your confidence with demanding people and difficult situations.

Gain critical insights into a particular conflict situation to increase your influence and positive impact.

Work to improve your personal and professional strengths to resolve current or potential workplace conflicts more efficiently.

Coaching packages are available.

Individual Services

Your Mental Health & Wellbeing

I have created a beautiful and relaxing space to enhance your therapy experience.

I offer contemporary counselling with both online and face-to-face services. I use a range of evidence-based therapies, tailored for your needs and your goals.

My approach is warm, compassionate and empathetic. I will work with you respectfully and with care.

I can assist you with a range of general mental health concerns and with challenging life transitions.

Trauma-Informed Therapy

EMDR Eye Movement Desensitisation and Reprocessing

EMDR therapy is designed to resolve unprocessed traumatic memories and allow the brain to resume its natural healing process after distressing events.

EMDR has been used effectively for over 30 years and is a well-researched psychotherapeutic approach for treating PTSD, trauma and disturbing life events.

With the right support you can recover and enjoy the life and relationships you deserve.