



**Psychology,  
Family  
and Systemic  
Therapy**  
For positive  
change in  
your life.

**bower(place)**



Established in 1986 by Malcolm Robinson and Catherine Sanders, Bower Place is conveniently located in Gawler Place, adjacent Rundle Mall, in the heart of Adelaide.

## About us

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**We apply a unique approach that supports individuals, couples, children, adolescents and families through:**

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Psychology

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Family and Systemic Therapy

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Mental health counselling

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Relationship counselling and dispute resolution

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Mediation for a wide range of relationship, emotional, mental health and behavioural difficulties

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Assessments

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Group sessions for children, adolescents and adults

Our diverse and thorough approach works as we consider the whole person – both inside and outside.

Our highly sought-after team of psychologists, family therapists, social workers and educators have been leading the way for over 35 years, changing people, changing families and changing systems – for the better.

Working side-by-side, we look at the influences and recurring patterns to help understand and resolve the symptoms to create positive change in our clients' lives.

## What is Family and Systemic Therapy?

Family and Systemic Therapy is an approach to understanding and changing human difficulties.

At Bower Place, in understanding our clients' problems, we take into account all aspects of the situation over time and across all facets of a person's world.

The focus is on family and networks, as this is where problems may have started in the past and may continue in the present. By considering the repetitive patterns of interaction between family members and their world, we can understand symptoms in a new way and work to resolve them.

Including others to understand their perspective and help them discover better ways to support change for a family member or in their relationship is a central part of the approach we take at Bower Place.

## Who can we help with Family and Systemic Therapy?

Family and Systemic Therapy is a valuable approach for children, adolescents and adults in families and social groups of all types.

When you hear the word 'family therapy' you might picture Mum, Dad and 2.5 children sitting with a therapist looking angrily at each other in family counselling. Yet Family and Systemic Therapy is so much more than addressing family conflicts and disharmony – it is an approach that is useful for everyone.

Family and Systemic Therapy addresses the barriers to change and can generate co-operation in relationships.





**How we can help**  
Inability to find an effective solution to a problem is often the biggest challenge for our clients. We all have unique ways of addressing challenges and when these fail, this may be part of the cycle that maintains it.

Our extensive knowledge and experience means we can help our clients with a range of different challenges and needs. We work closely with individual adults, children, adolescents, and couples and families to understand the various causes to their problems, past and present, and those relationships which impact the entire person.

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**We help our adult clients with the following difficulties (but not limited to):**

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Anxiety

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Depression

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Couple relationship matters

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Parenting and family matters

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Family conflict across generations

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Family court matters - dispute resolution and mediation

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Addictions

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Intellectual, physical and sensory disabilities

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Acquired brain injury

Our practitioners work with adults at every life stage from the youngest to the oldest. We thoroughly explore and devise approaches to alter the way we think, feel and act.

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**We specifically help children and adolescents experiencing:**

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Anxiety

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Depression

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Sleep troubles

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Emotional and behavioural dysregulation

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School and social difficulties

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Conflictual relationships

Our approach treats each child as an individual and connects this to the world in which they live, either with biological family or in other care arrangements. We empower and educate those who care for the child or adolescent while removing excessive responsibility from the young person, ensuring they are focused on age-appropriate tasks.



### **When is it time to get help?**

Problems are a normal part of life. Sometimes however, no matter how hard we try, nothing we do seems to resolve them.

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**Some of the symptoms you or your child may be experiencing that show it's time to seek help include:**

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Feeling a problem as 'inside' us, a deep and grinding despair

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Struggling to get out of bed, go to work and socialise

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Feeling a sense of fear and restlessness, muscle tension and exhaustion that causes irritability

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Difficulty concentrating

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Trouble falling asleep or suddenly waking alert and tense, unable to return to rest

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Addictions becoming a place to seek comfort which erodes health, well-being and relationships

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Not wanting to live

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**Alternately the problem may present between ourselves and other important people: a child, partner, friend or work mate. The relationship may be marked by:**

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Escalating conflict

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Risk of harm

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Disrespect or disdain, leaving uncertainty and fear for the future

Such 'outside' problems can spread throughout your world affecting those you love and work with.

When any of these things happen, we can help to create positive change in your life.

# National Disability Insurance Scheme (NDIS) Services

Bower Place is an approved and registered provider under the NDIS.

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## **We provide the following NDIS services:**

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Support coordination

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Specialist Support Coordination

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Innovative community participation

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Therapeutic supports

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Assist-Life Stage, Transition

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Early intervention supports for early childhood

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Development-Life Skills

Our approach addresses the relationship between difference and inequality, and our principles align with the purpose of the NDIS.

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## **The Bower Place philosophy is consistent with the goals of the National Disability Strategy:**

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People with disability have the same right of access to services as all Australians

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We aim to maximise the potential and participation of all our clients with disability

We are clear and transparent about our funding and delivery roles and responsibilities. We work seamlessly with our clients and other stakeholders. Integrated planning, coordinated supports, referrals and transitions are promoted and encouraged.



## Online counselling Services

We understand that sometimes it is not convenient for our clients to meet face-to-face with a practitioner for various reasons. In response, we are able to offer online counselling services to these clients.

Our practitioners work in expert teams to respond to each client's need in their unique environment. The need may be for direct services to clients or to those who are providing other forms of care.

All staff have access to the most recent and secure technology so we can continue to offer the highest level of therapeutic services on-line and with safety and confidentiality.

Our system allows us to work with individuals, couples, families and work groups to address individual and relational difficulties and support clients located throughout Australia and internationally.

## First Languages

**Bower Place works therapeutically and directly in nine first languages including:**

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English

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Mandarin

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Cantonese

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Farsi

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Arabic

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Portuguese

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Spanish

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French

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Dinka

The entire therapeutic process is conducted in the client's first language without interpreters impacting the therapeutic process or unintentionally changing the meaning of the conversation.



**Talk to us about how we can make a positive change in your life**  
To make an appointment with Bower Place please call (08) 8221 6066 or book online at [bowerplace.com.au](http://bowerplace.com.au).

**bower(place)**

**Your (place) for  
positive change.**