



Healthy Sexuality Psychotherapy & Education

Healthy Sexuality aims to help individuals, couples, families and social outcomes.

Our Therapeutic Specialist and Educator provides education and support by:

- Orientating children and adolescents on some of the harms and benefits when using the internet
- Assisting teachers and other members of the education system in schools
- Assistance for parents on an individual basis
- Conducting family workshops which can be held in different environments, including organisations, schools or health facilities
- Awareness of counsellors to explore healthy sexuality
- Supporting counsellors who are working with clients within this area
- Closely interacting with the team of counsellors for conjoint and reciprocal support and performance
- Inclusion of GPs due to their relevance in primary health care.

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CatholicCare Tasmania

Healthy Sexuality Program

The Healthy Sexuality Program provides therapeutic outcomes utilising psychotherapy or counselling

- Sessions available for individuals, couples, and families
- Small group options to address the needs and answer questions regarding concerns about addiction
- Direct communication with health providers for early detection and corresponding early intervention
- Explore the existence of concomitant mental health conditions and disorders
- Integrative psychotherapy centred in the patient with systemic, supportive, Neurolinguistic Programming (NLP), Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) techniques.



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