



# East Maitland

## Counselling & Mediation

Individuals Couples Families

## Post Separation Services

*for better relationships*

T. 02 4934 8624

A. 106 George St East Maitland NSW 2323

[www.emcm.com.au](http://www.emcm.com.au)

East Maitland Counselling and Mediation provides specialist services to help parents resolve parenting disputes and support their children's adjustment to family separation.

We know that children will have their own unique experience of their parent's separation and while some conflict within the family is normal around this time, prolonged conflict can have negative consequences for children's mental health.

Our services support parents and children before, during and after Family Dispute Resolution.

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## Family Dispute Resolution

Family Dispute Resolution is a way of resolving parenting disputes without going to court.

Family Dispute Resolution practitioners support separated parents to develop a business like co-parenting relationship and workable parenting plans that will meet the current and future needs of their children.

Section 60I certificates can be issued where required.

## Child Inclusive Practice

Child Inclusive Practice assists parents to actively consider each child's unique needs and experience of the family separation during the Family Dispute Resolution process.

Parents meet separately with a trained child consultant prior to the children's session.

The child consultant then meets with the children to explore their experience, worries and hopes for the future. This is done by using age and developmentally appropriate activities.

The feedback to parents from the children's session is used as a guide and reference throughout the Family Dispute Resolution process.

Children are never asked to make decisions about parenting arrangements.

## Child Inclusive Counselling

Child Inclusive Counselling helps parents to manage the challenges of co-parenting following separation and supports children's adjustment to the changed family environment.

Child Inclusive Counselling is provided by trained and experienced family counsellors.

Parents meet separately with the counsellor prior to the children's session.

Following the children's session, the counsellor will meet with both parents together or separately to explore strategies to strengthen the co-parenting relationship and support the children's adjustment and emotional wellbeing.

Children benefit from feeling heard and understood and report feeling lighter after the counselling sessions.

Parents say they feel better equipped and more confident to co-parent and more hopeful about the future.

Child Inclusive Counselling is suitable for families with children aged 5 and above.

Family Dispute Resolution,  
Child Inclusive Practice and  
Child Inclusive Counselling  
can help with:

Communication

Co-parenting

Managing conflict

Coping with strong emotions

Self-care strategies

Managing parenting plans and court orders

For more information visit our website  
**[www.emcm.com.au](http://www.emcm.com.au)** or please  
contact us:

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