



Psychology Treatment Services

Providing necessary psychological assistance before it becomes costly

General Counselling

For an employee to be productive at work they need to be able to focus on the task at hand. When an issue starts to take away the focus, then their capacity to perform at work is significantly reduced. Providing access to AWS General Counselling Services (either through an EAP or otherwise), can help reduce the impact the issue has on employee performance. Types of issues that can be dealt with in AWS General Counselling include anxiety, depression, stress and burnout, relationship issues, grief and conflict resolution.

Critical Incident Stress Debriefing (CISD) & Trauma Counselling

Incidents in the workplace left untreated, can cause detrimental effects on your employees. When an incident occurs in the workplace it is important that the person or persons involved, are provided debriefing and counselling assistance, to help them cope with and eventually overcome the potential symptoms of traumatic stress. An AWS CISD session and Trauma Counselling can help reduce the impact. Leaving such situations unresolved can cause significant damage, particularly in the form of stress claims.

Pain Management

Pain is something that can take an injured employees focus off return to work and active work. AWS is able to assist employees with an injury (permanent or temporary) in learning the skills necessary to manage the pain and to help them get on with life and work.

Anger Management

Angry employees are dangerous employees - to themselves and others. The average person is mostly able to control their anger, however there are some people who have difficulty with anger. A lack of awareness of how to manage and control the situations can contribute to their anger. AWS Anger Management Counselling is designed to educate employees to both control their anger, and also deal more effectively with those who are identified as agitated.

Adjustment to Disability

Employees who sustain a permanent and disabling injury go through an adjustment process. Adjustment to the change is important as it is likely the disability has altered their pre-learned way of life. AWS Psychologists are able to provide assistance and support to employees who have sustained a permanent and disabling injury to help them adjust to the change.

Psychological Assessments and Services

Occasionally there may be times when it is necessary to assess individuals with the aim of providing targeted treatment. AWS Psychologists are able to conduct objective Psychological Assessments to diagnose potentially damaging disorders and symptoms, and provide tailored treatment to minimise the impact on their capacity to perform.

The mere availability of an employee counselling service does not absolve employers from their duty of care to provide a safe workplace. Employers must be proactive in ensuring workers do not suffer psychological injuries as a result of their work.

(Occupational Health & Safety Bulletin, 11/2002)

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