

Tony Talevski

B.A., B.S.W., M.S.W. (Clinical), M.A.A.S.W., Acc.

Psychotherapist and Relationship Counsellor

tonytalevski.com.au

About

Tony believes that the therapeutic relationship, developed through empathic understanding and trust, is used to assist clients in developing deeper insight into their challenges by becoming increasingly aware of their own thinking, feeling and behavioural patterns. Through therapy with Tony, individuals begin to address the initial problems and symptoms they were struggling with as well as make changes at a deeper level within themselves and work towards reaching their full potential.

People who enter psychotherapy with Tony consistently report:

- A significant reduction or resolution of their clinical symptoms (reduced anxiety; improved mood; better sleep etc)
- A deep insight into the way their personal and relational history has shaped who they are - their strengths, their current issues, relationship dynamics and broader life patterns
- An increased ability to use their new-found insight to make conscious choices that shift deeply entrenched thinking / feeling / relationship patterns in a positive direction
- Feelings of emotional, relational and social freedom
- An improvement in their self-confidence and capacity to derive satisfaction and fulfilment from their relationships and vocational pathway

Services

INDIVIDUAL PSYCHOTHERAPY

Tony has nearly 20 years of experience in the provision of individual psychotherapy to children, adolescents, adults and couples, drawing on specialist training and evidence-based practice.

COUPLES PSYCHOTHERAPY

Tony has nearly 20 years of experience in the provision of couples / marital therapy to people who experience various forms of relationship stress (See About). Tony's practice is informed by his Clinical Masters in Psychodynamic Couples Therapy.

SUPERVISION

Tony has provided supervision to mental health professionals from a range of disciplines for approximately 15 years.

Referrals

Individuals with a GP referral and Mental Health Care Plan are eligible for Medicare rebates for 10 sessions per calendar.

Visit tonytalevski.com.au/fees for more information.

Contact

Tony consults from Carlton North Consulting Rooms at **806 Lygon Street, Carlton North** (Corner of Fenwick Street).

There is ample free parking and the rooms are directly opposite the 116 Tram stop on Lygon Street.

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