

# Touchstone Counselling and Supervision

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Touchstone Counselling in The Gap, Brisbane, offers evidence based counselling and couples counselling for those facing anxiety, depression, trauma, stress, grief, and relationship issues. We provide both in-person counselling and online sessions across Australia. Using evidence-based approaches like CBT, ACT, mindfulness, EMDR and trauma-informed therapies, we create a safe, supportive space to help you move forward. Specialising in individual therapy and couples therapy. we serve The Gap, Ashgrove, Keperra, Bardon, and Brisbane's north-west. Book your first session today. Medicare rebates available. Referrals accepted through Open Arms, WorkCover Qld, General Practitioners, Victim Assist Qld and NDIS. Website: <https://touchstonecounselling.com.au> Phone Number: 0481 069 787

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