



Referral pack for health professionals

Fruitful Purpose Counselling | where growth feels safe

Dear colleague,

Thank you for taking the time to read about Fruitful Purpose Counselling. We provide person-centred, trauma-informed counselling for adults experiencing anxiety, life transitions, grief, emotional overwhelm, decluttering challenges and related wellbeing concerns.

Referrals are welcomed from GPs, occupational therapists, physiotherapists, psychologists, social workers, NDIS providers, community services and other allied health professionals. Self-referrals are also accepted.

Counselling can sit alongside the care you already provide, supporting the emotional and life factors that affect recovery, participation and wellbeing. We aim to make referring simple, and to keep you informed with your client's consent.

Thank you for considering a referral. Please get in touch with any questions.

Warm regards,

Jessie Barker, Bachelor of Counselling

Fruitful Purpose Counselling

Referral contact

Ph: 0407 595 532

Email: hello.fpc@hotmail.com

Website: www.fruitfulpurposecounselling.com.au



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Service overview

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About the service

Fruitful Purpose Counselling offers a safe, respectful space where clients are heard and supported at their own pace. Our approach is person-centred and trauma-informed, with faith-informed counselling available for clients who would value it. Sessions are 50 minutes and are

offered online and via telehealth.

Areas of support

Anxiety, stress and
overwhelm

Emotional regulation

Boundaries and
relationships

Life transitions

Grief and loss

Alcohol and other drugs

Decluttering support

Faith-informed counselling

Who may not be suitable

Suggested wording, please confirm your scope: counselling may not be the right service for clients with active psychosis, acute suicide risk, complex mental health presentations needing specialist treatment, court-ordered assessments, or where a diagnostic service is required. Where client needs fall outside our scope, we will make appropriate referrals.

Professional membership



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How to refer

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Referral pathway

- 1 Referral received (from a health professional or self-referral)
- 2 Client contacted within 2 business days
- 3 Initial consultation to talk through needs and goals
- 4 Counselling begins at the client's pace
- 5 Progress updates shared with the referrer, only with client consent

6 Review, then discharge or ongoing support

Who can refer: health professionals and community services, and clients themselves. **Consent:** clients must agree to the referral and to their information being shared with Fruitful Purpose Counselling.

[Open the online referral form](#)

When to refer for decluttering counselling

- Chronic clutter contributing to stress
- Difficulty making decisions about possessions
- Overwhelm with home organisation
- Life transitions involving downsizing
- Emotional attachment to belongings
- Hoarding behaviours where emotional support is needed alongside practical interventions

Occupational therapists and community services often see these presentations first. Counselling can support the emotional side of change while practical supports are put in place.

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Fees, access and FAQ

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Fees and access

- Session fee: \$101.70
- Session length: 50 minutes
- Online availability: online and via telehealth
- Cancellation policy: 24 hours notice required
- Concession options: not currently available
- Payment methods: Visa and direct transfer

Frequently asked questions

How quickly are referrals contacted?

Referrals are contacted within 2 business days.

Do you provide reports?

Yes, reports can be provided via written request with client consent.

Can family members attend sessions?

Yes, family members can attend sessions at client request.

Do you work with NDIS participants?

Yes, we work with Self-Managed NDIS Participants.

Do you offer telehealth?

Yes. Sessions are 50 minutes and are offered online and via telehealth.

Are self-referrals accepted?

Yes. Clients can contact us directly, and referrals from health professionals are welcome.

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Professional profile

Fruitful Purpose Counselling | where growth feels safe

Jessie Barker, Fruitful Purpose Counselling

Qualifications

Bachelor of Counselling

Professional memberships

Australian Counselling Association (ACA), Registered Level 2. Certified Practising Counsellor (CPC). Christian Counsellors Association of Australia (CCAA).



Experience and special interests

Jessie Barker is a qualified counsellor PACFA (CPC) and ACA Level 2 member who provides person-centred, trauma-informed support to adults navigating anxiety, stress, life transitions, grief and emotional overwhelm. With experience in both private practice and community settings, she is passionate about helping people build insight, confidence and practical strategies for change. Jessie has a particular interest in declutter counselling, emotional wellbeing, self-compassion, recovery from overwhelm, and supporting individuals to create more manageable, meaningful living environments where growth feels safe.

Counselling philosophy

My counselling philosophy is grounded in the belief that growth is most effective when it occurs

My counselling philosophy is grounded in the belief that growth is most effective when it occurs within a safe, supportive and respectful therapeutic relationship. I take a person-centred, trauma-informed approach that honours each client's unique experiences, strengths and capacity for change. Rather than focusing solely on problems, I work collaboratively with clients to build insight, confidence and practical strategies that support emotional wellbeing and meaningful progress. At Fruitful Purpose Counselling, I strive to create a space where growth feels safe and clients are empowered to move forward with greater clarity, self-understanding and hope.

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Quick reference

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Referral form: [online referral form](#)



Self-referrals and referrals from health professionals welcome.

