# What do Counsellors and Chaplains do?

The role of both Counsellor and Chaplain at Prince of Peace Lutheran College provides a broad area of mental health care. This is facilitated by providing;

- A safe and confidential place for parents, students and staff to address personal issues;
- A professional "short term" counselling service for diverse adolescent needs;
- A professional "short term" counselling service providing for parental support;
- Peer support courses and activities that provide personal development in mental and emotional health (e.g. Seasons, such as Loss and Grief);
- Resources and support for parents in need of assistance with their child's personal development; and
- Referral and advocacy services to other professional agencies in the community.



### **Contact Details**

#### **Pastor David Schmidt**

Email:

dschmidt@princeofpeace.qld.edu.au

Phone: 0407 600 278

### **Ms Karen Cronje**

Email:

kcronje@princeofpeace.qld.edu.au

### **Ms Sioban Laffey**

Phone: 0415 257 155

- For sessions at the College (onsite bookings) please contact the Junior Campus Reception on 3872 5700.
- For offsite bookings at her Redcliffe practice, please contact Sioban directly.

There are no fees associated with using either of David Schmidt's or Karen Cronje's services.





# Chaplaincy and Counselling

nurturing God-given potential

Prince of Peace Chaplaincy and Counselling service exists as a partnership between staff, students and the wider college community. Our aim is to provide mental, emotional and spiritual support through pastoral care and short term individual counselling.

As part of the Pastoral Care and Welfare team our desire is to nurture students to work through their personal obstacles as they journey towards reaching their God-given potential. As Jesus said,

"I have come that you may have life; life in all its fullness" (John 10:10)

# Why Chaplaincy? Why Counselling?

It is difficult being a young person today. Societal pressures and developmental changes means that children and young people often, and in unexpected ways, need people to talk to. Our counsellors assist with prevention and support in helping students process their inner world, as they try to deal with these issues which often relate to family or relationship breakdown, sadness and anxiety.

Counsellors and chaplains provide a vital role within the community of Prince of Peace Lutheran College. They work alongside the Junior and Senior Deputy Heads of Campuses. They provide a safe and confidential place for parents, students and staff to address their personal issues and concerns. They also provide spiritual and emotional support to all members in the school community.

### **Our Team**

### David Schmidt BTh MCouns CCAA (Grad)



Pastor David Schmidt has been working with children, youth and families for nearly 25 years. He has completed training in Clinical Pastoral Education, Seasons (Loss and Grief program), and holds a Masters of Counselling degree.

David uses a person-centred, constructivist approach to helping young people, believing that it is by helping young people learn how they are making sense of their experiences, that they can discover their own internal resources to live resilient and fulfilling lives. Married with two children, David works part-time as the Youth and Family Pastor at Prince of Peace Lutheran Church, and part-time as the College Pastor and Counsellor at Prince of Peace Lutheran College.

## **Karen Cronje**



Karen Cronje is a final year Bachelor of Social Science (Counselling) student at Christian Heritage College. She has a deep desire to work with people in a meaningful and caring manner to assist them in reaching their full potential.

Karen provides support to adults, teenagers and children who may be struggling with:

- Life changes
- Stress
- Anxiety
- Depression

### **Sioban Laffey** B. Psych (Hons)



Sioban Laffey is a qualified psychologist registered with the Australian Health Practitioner Regulation Agency. She has 10 years experience in human behaviour. Her areas of expertise are:

Anxiety

- Stress
- Depression
- Life transitions
- Separation/Divorce

Sessions with Sioban can be conducted onsite at the College during school hours or at her private practice in Redcliffe. Her fees for Prince of Peace families are \$150/hour. Medicare rebates are available.

Confidential appointments can be made for David, Karen or Sioban -

- Parents can directly contact one of the Counsellors;
- Parents can contact the Deputy Head of Junior Campus or Deputy Head of Senior Campus;
- Senior Campus students can contact Pastor Schmidt or Ms Cronje directly; or
- Parents or students can contact their classroom teacher (Junior Campus) or PC Teacher/Year Level Coordinator (Senior Campus).