



Thrive Counselling & Psychological Services



Rathi is an accredited Mental Health Clinician, experienced in providing clinical based psychotherapy to help children and adults build awareness, knowledge, and skills to support and improve their mental health.



Thrive Psychotherapy Services
ABN: 13 081 856 831

Going through a tough time?

Rathi Ramanathan is a Grafton based therapist providing a range of psychological interventions to help adults of any age, children, adolescents, and young people

- who have trauma
- who are grieving the loss of a loved one or other losses
- who are stressed/feeling overwhelmed
- who struggle to manage difficult emotions
- who are depressed/or have anxiety
- who are survivors of domestic violence/sexual assault
- who are socially isolated

Services

Rathi provides a safe and non-judgemental holistic service tailored to the needs of each client. She provides a range of practical therapeutic approaches including EMDR, trauma informed cognitive behaviour therapy (CBT), DBT, somatic-based interventions, loss and grief counselling, and narrative therapy.

Case management is incorporated to assist clients with significant psychosocial stressors.

Experienced in group therapy, workshops, Employee Assistance Program (EAP) and Culturally and Linguistically Diverse (CALD) clients.

To Make An Appointment

Rathi is Grafton based and accepts clients from across the Northern Rivers region of NSW, either face to face or via Telehealth appointments if necessary. See your GP to get a Mental Health Treatment plan or contact North Coast Connect to Wellbeing on 1300160339 to see if you are eligible.

Email rathi@thrivepsychotherapy.com.au or call 0493 464 088 to schedule an appointment, including AH and Saturdays (same rates).

Flexible rates available.
For further details please visit my website www.thrivepsychotherapy.com.au
(click on QR code for quick link)

www.thrivepsychotherapy.com.au

Email: rathi@thrivepsychotherapy.com.au

