

EASA

EASA provides a full range of psychological and organisational development services to organisations and consumers across the Northern Territory, remote WA and North QLD. EASA is a Registered Training Organisation.

Our corporate clients include Australian, State and Territory Government departments and agencies, community services, Aboriginal corporations, resource companies and tourism operations.

EASA services are facilitated by highly skilled and experienced staff, nationally trained and accredited. These include Consultants, Trainers, Psychologists, Counsellors, Coaches and Mediators.

One stop shop

EASA develops solutions to workplace problems at interpersonal, team and systems levels through its integrated psychological and organisational consultancy services.

Other Services

- Employee Assistance Programs
- Counselling and Consulting
- Critical Incident Stress Management
- Conflict Management
- Human Resource Consulting
- Training and Development
- Coaching

"I have gained confidence, I feel much fitter and I have saved over \$2,500"

SATISFIED CUSTOMER

EASA

COUNSELLING • TRAINING
MEDIATION • CONSULTING

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VISITING SERVICES
Nhulunbuy, NT
Jabiru, NT

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FIRST CLASS IN GRAPHIC DESIGN

Alcohol and Other Drugs



A comprehensive program providing specialist counselling services for people affected by alcohol and other drugs

EASA

COUNSELLING • TRAINING
MEDIATION • CONSULTING

Developing organisations by developing people

COUNSELLING

Alcohol and Other Drugs

EASA Alcohol & Other Drugs (AOD) program provides a specialist counselling service for people affected by alcohol and other drugs. EASA delivers two programs funded by the NT Department of Health and Community Services to assist people living in the NT.

The first program provides Territory-wide education and counselling for employees and members of their immediate families. The second program covers services specifically in the Katherine Region and extends arrangements to include access by members of the public.

AOD Counselling and therapeutic treatments are **FREE**, culturally sensitive, completely confidential and easily accessible. Session limits do not apply in these programs.

EASA Psychologists and Counsellors delivering the AOD program are professionally registered, trained and experienced in the field of AOD. Both male and female counsellors are available.

The program helps to support, encourage and reinforce actions taken by individuals to reduce alcohol and other substance related harm. The program is flexible and is tailored to meet the needs of the individual, children, couples, families, groups, communities or organisations.

What does AOD Counselling involve?

Counselling can help deal with AOD issues in various ways. Typical assistance with AOD issues would include:

- Examining effects on how alcohol and other drugs affect the body, lifestyle and relationships
- Assessing the costs and benefits of using alcohol and other drugs
- Establishing reasons and methods for change
- Identifying goals of behaviour change
- Planning and implementing change
- Strategies to deal with obstacles to change
- Helping a person to learn how to be self responsible and manage their behaviours
- Developing new perspectives for a healthier lifestyle

A fresh start for smokers

The fresh start course is a structured 4 session course designed to help smokers make and confirm the decision to quit, and to support their efforts to become a non-smoker by providing them with useful information and strategies.

The course is delivered by an Accredited facilitator using video, written materials and discussion to provide information and essential strategies to assist smokers to recognize and understand issues including:

- Reasons why you smoke and how smoking affects you
- What part smoking plays in your life
- How to quit
- Dealing with barriers to stopping
- Managing withdrawal symptoms
- How to stay stopped

Participants also learn strategies to deal with commonly experienced difficulties such as withdrawal, stress and weight gain. They are also able to attend individual counselling and hypnosis sessions may be offered to help them quit.

Organisational Consulting

EASA Consultants assist organisations to manage AOD issues in the workplace and to deal with employees affected by AOD issues. EASA can assist with:

- Policy development and implementation
- Education for greater understanding of the problem
- Skills training for employers, managers and co-workers in addressing these concerns.

Developing organisations by developing people

CONSULTING

SUPPORT