



Counselling Services

Therapeutic interventions tailored for people with intellectual disabilities

About Us

Our team of Mental Health Social Workers offer **counselling** to support people with their mental health. We work across Brisbane North and Moreton Bay regions. We are **collaborative, respectful, person centred**, and utilise evidence based therapies.

Our counsellors, Michael and Meg, **are Accredited Mental Health Social Workers**, each with over ten years experience offering specialist mental health and social work support in our local community..

We specialise in working alongside people:

- with **intellectual or cognitive disability**
- experiencing **complex life circumstances** and/or marginalisation
- from **diverse cultural backgrounds**

We understand it takes warmth, creativity, flexibility, adaptation, and often a little playfulness to foster a positive environment to ensure collaborative, holistic and person led counselling experience.

Our Practice

- ✓ Trauma and disability informed
- ✓ Relaxation and mindfulness strategies
- ✓ Psycho-education
- ✓ Person centred therapy
- ✓ CBT (Cognitive Behaviour Therapy)
- ✓ Solution focused therapy
- ✓ Narrative therapy
- ✓ EMDR therapy
- ✓ Fluency in **English, Japanese and Cantonese**



Our Focus

We specialise in working with people:

- with **intellectual or cognitive disability**
- experiencing complex life circumstances and/or marginalisation
- from diverse cultural backgrounds



Person Centred

We listen and work alongside people to determine their best treatment and care.



In clinic or outreach support

Where possible, we can meet in places people feel most comfortable. This might be our office, your home, going for a walk or being outdoors.



Professional Development

We offer individual supervision and professional development. We tailor workshops to meet the specific needs of a workforce in our specialty areas of practice.



Payment

We accept NDIS, Medicare, private health insurance, and Work Cover, Victim Assist Queensland, and the Employment Assistance Program (EAP).

Medicare Provider numbers:

Michael Wong: provider number 6257311A
Megumi Hassan: provider number 481 6041J

Contact us to request more information or check the website.



Community Living Association works on the unceded lands of the Turrbal and Jagera Peoples of Meanjin. We acknowledge Elders past and present and recognise connection to land, waters and communities. CLA Inc. is committed to working alongside community to address the ongoing impacts of colonisation.



3266 5633



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Mental Health social work

An Accredited Mental Health Social Worker (AMHSW) is a **highly qualified and experienced social worker** who has met the Australian Association of Social Workers' (AASW) advanced practice standards in mental health. AMHSWs are experts in **working with complexity**, skilled in addressing multifaceted and intersecting mental health, social, and environmental factors. They provide **comprehensive assessment, intervention, and treatment** for people with diagnosed mental health conditions or those at risk of developing them, and frequently support clients with co-occurring issues such as disability, trauma, substance use, relationship difficulties, and social disadvantage.

Megumi Hassan

Megumi is an Accredited Mental Health Social Worker (AMHSW), holding a Bachelor of Arts (University of the Sunshine Coast) and a Master of Social Work (University of Queensland). She has extensive experience providing counselling and mental health support to individuals with complex needs, including intellectual disability, mental health conditions, trauma, and involvement in the justice system.

Megumi works with people from diverse backgrounds and offers counselling in both English and Japanese. Alongside clinical practice, she also serves as a Court Intermediary (Queensland Intermediary Scheme), supporting children and vulnerable witnesses to communicate effectively in legal settings. She brings together therapeutic expertise and practical systems knowledge to offer safe, responsive, and empowering support to individuals and families.

Michael Wong

Michael is an Accredited Mental Health Social Worker (AMHSW), holding a Bachelor of Social Work (First Class Honours) and a Bachelor of Arts (Psychology) from the University of Queensland. He has over a decade of experience providing counselling and mental health support to individuals with and without cognitive and intellectual disabilities.

Michael specialises in working with people from culturally and linguistically diverse backgrounds, including refugees and migrants. He offers counselling in both English and Cantonese, ensuring accessible support for diverse communities. Alongside his clinical work, Michael is a PhD researcher focused on improving the wellbeing of health professionals from diverse cultural backgrounds, bringing both practice expertise and research insight to his role.



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