

# Touchstone Counselling and Supervision

---



2 Lahore St  
The Gap, QLD 4061

Phone: 0481069787

Touchstone Counselling in The Gap, Brisbane, offers evidence based counselling and couples counselling for those facing anxiety, depression, trauma, stress, grief, and relationship issues. We provide both in-person counselling and online sessions across Australia. Using evidence-based approaches like CBT, ACT, mindfulness, EMDR and trauma-informed therapies, we create a safe, supportive space to help you move forward. Specialising in individual therapy and couples therapy. we serve The Gap, Ashgrove, Keperra, Bardon, and Brisbane's north-west. Book your first session today. Medicare rebates available. Referrals accepted through Open Arms,

WorkCover Qld, General Practitioners, Victim Assist Qld and NDIS.Website:

<https://touchstonecounselling.com.au>/Phone Number:

page 1 / 2

0481 069 787

[Visit Website](#)

[Contact Me](#)

[Email Friend](#)