

Psychological Services & Vocational Rehabilitation



In Australia, work related stress accounts for the longest stretches of absenteeism today. Many work related injuries can also contribute to employee stress further delaying the process of return to work. Whatever the cause, stress not only costs you in terms of compensation claims, but also in lost productivity

To assist you in identifying, reducing and managing the levels of stress and stress related injuries within your workplace, Konekt's team of accredited rehabilitation counsellors, registered and clinical psychologists offer you a range of psychological services that can assist you to address most situations.

The services

- **Workplace Training Programs** instruct your supervisors on a variety of organisational behaviour topics including surviving stress, constructive workplace communication, providing performance feedback, motivating and coaching employees, managing staff under stress, emotional intelligence, leadership skills and conflict resolution training.
- **Conflict Resolution and Mediation Services** assist in the management of workplace conflicts that develop from issues such as personality differences, interpersonal style differences and performance problems.
- **Pre-liability Stress Assessments** provide detailed information about the factors contributing to a claim to help determine liability for a workplace stress injury.
- **Case Conferencing** assists with challenging cases and allows all key parties to set mutually agreed goals, ensure roles and responsibilities are understood and where agreed, ensure that strategies that can be measured are committed to.
- **Vocational Assessment and Counselling** aims to identify realistic and achievable vocational goals and support the individual in achieving their work potential.
- **Career Transition Assistance** supports an injured worker return to work when they are unable to return to their pre-injury occupation/job.
- **Transferable Skills Analysis** is used to assist with determining alternative vocational options that are realistic and achievable in terms of a person's transferable skills, aptitudes and re-training ability.
- **Motivational Interviewing** is suitable for people who are feeling ambivalent about changing their behaviour. Using non-directive strategies to encourage the client to consider changing their behaviour, this process can often allow other approaches to be used when successful.

Workplace stress and stress related injuries not only cost you in terms of compensation claims, they can also impact greatly on your productivity!

Like to know more?

For more information, contact your local Konekt branch or visit www.konekt.com.au