

**GOOD
JOB**

Care tops agenda

Hannah Strommen, 24, of Lynwood, loves helping people in her counselling role

■ **Gail Anthony**

THE JOB

I'm a counsellor for Centrecare Inc in the Gosnells and Perth offices. My clients include children, adolescents, families and adults, and the problems they are facing include things such as work stress, mental illness, drug and alcohol issues, family conflict and trauma.

THE PATH

I completed my four-year bachelor degree in psychology at Murdoch University with minors in developmental and health psychology in 2012. During the past 2½ half years I have worked in several positions within Centrecare Inc. This allowed me to gain a lot of experience over a short time before moving into my current role as a general counsellor, which allows me to work with a greater variety of clients.

THE GOOD

I love that I get to help people come to terms with the things that are going on their lives. Short-term clients often come in just wanting to feel heard or validated and you get to see the relief they feel from just spending an hour having someone actually listen to them. With longer-term clients there's a lot of satisfaction watching them progress as they develop their own skills to cope with the issues in their life.

THE BAD

One of the difficult things about the community services and mental health fields is you can become so caught up in other people's problems and helping them cope that you can forget to take care of yourself. Sometimes I have to remind myself to take a step back and not take other people's experiences home with me.



**Hannah
Strommen**

THE FUTURE

I'm currently completing my psychology registration and am a provisionally registered psychologist. I hope to complete the registration process and further develop my skills to continue working in the community services and mental health fields.