

ZR Counselling & Services is a registered sole proprietorship with Suruhanjaya Syarikat Malaysia. Its owner, Ms. Zuraya Rafique, focuses on helping people to move forward in their lives, whether that means coping with severe symptoms or getting through a temporarily difficult situation.

COUNSELLING SERVICES

- Treatment Specialisation:
 - Individual Counselling
 - Couples Therapy
 - Group Counselling
 - Online Counselling
 - Therapy for depression and anxiety
 - Stress Management
 - Adjusting to Change / Life Transitions
 - Relationship Issues
 - Work and Career Issues
 - Grief, Loss, and Bereavement
 - Women's Issues

- Counselling Client Focus:
 - Gender: All
 - Age: Adults, Elders
 - Language: English, B. Melayu

PROFESSIONAL PROFILE – ZURAYA RAFIQUE

- More than 17 years of human resource experience with the last 5 years focused on counselling, training and coaching.
- Registered & Licensed Counsellor with Lembaga Kaunselor Malaysia.
- Works well with diverse multi-cultural client populations, easily establishes rapport and interacts with individuals on all levels.
- Counselling experience includes conducting therapy at the Centre for Psychological & Counselling Services, and CareerSense (both located at HELP University); Rumah Sinar Salam (women crisis centre in Chow Kit area); and Sapura Smart School (secondary level students)
- Conducts intake interviews, develops and implements clients' treatment plans, shares occupational information, and handles ongoing case management.

- Education:
 - Masters in Counselling (HELP University, Malaysia)
 - Bachelor of Science (Psychology) (Upper Iowa University, USA)
 - LLB (Hons) Business Law (University of Huddersfield, UK)

- Professional Memberships:
 - Malaysian Counselling Association
 - APA's Society of Counselling Psychology
 - International Society for Mental Health Online

- Fees charged. Provides limited pro bono counseling sessions for individuals who have requested help but cannot afford to access it

- Hours: Tuesday to Saturday, 10am – 5pm.
Sunday appointments available
By appointment

- Location: Level 17, Menara One Mont Kiara, No 1, Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur

- Contact: Tel: +60-12-3566399
Email: zrcounselling@gmail.com
Website: www.zrcounselling.com