

WINTER PSYCHOLOGY & CONSULTING

Consulting Packages Overview



Winter
Psychology
& Consulting

Consulting in moral injury, spiritual health, complex presentations, ministry care, and church partnership.

All packages are starting frameworks. Most engagements are scoped to fit your specific situation. Contact admin@winterpsychology.com.au to discuss. For moral injury packages and enquiries, contact moralinjury@winterpsychology.com.au.

PACKAGE 01

Delivered by Jesse Winter

Moral Injury Module

Format: Individual, team, or organisation, scoped to your situation

A standalone module for building moral injury awareness, organisational understanding, and resilience. Through education, consultation, and clinical insight, we help individuals, teams, and organisations recognise moral injury, understand the conditions in which it takes root, and strengthen what protects against it.

- ✓ Moral injury awareness and education (continuum, mechanisms, how it differs from PTSD and burnout)
- ✓ Moral resilience building
- ✓ Moral distress interventions and prevention
- ✓ Organisational understanding of moral risk factors
- ✓ Values clarification and moral identity mapping
- ✓ Moral repair and meaning reconstruction

Enquiries: moralinjury@winterpsychology.com.au

PACKAGE 02

Delivered by Jesse Winter

Moral Injury and Spiritual Health

Format: Standalone session for churches, ministries, and NGOs

A standalone session exploring the link between moral injury and spiritual health. Low spiritual health is often a symptom of moral injury, and integrating spiritual health grows moral maturity in ways standard psychology typically does not.

- ✓ How low spiritual health can signal moral injury
- ✓ The unique role of religious, spiritual, and pastoral care
- ✓ Application to recovery from moral injury
- ✓ Integrating spiritual health to grow moral maturity
- ✓ Application to the prevention of moral injury
- ✓ Tailored for churches, ministries, and NGOs

Enquiries: moralinjury@winterpsychology.com.au

PACKAGE 03

Delivered by Jaya Winter

Complex Presentations

*Format: Individual or organisation,
scoped per case*

Integrative formulation and consultation for welfare-sector organisations and individuals supporting young people in complex or treatment-resistant situations.

- ✓ Comprehensive integrative formulation (trauma, developmental, family systems)
- ✓ Systems intervention and stakeholder management
- ✓ Review of prior assessments and interventions
- ✓ Consultation with key workers and carers
- ✓ Practical intervention roadmap

PACKAGE 04: COMBINED

Delivered by Jesse & Jaya Winter

Moral Injury & Complex Presentations

*Format: Individual or organisation,
scoped collaboratively*

Both components in a single coherent engagement, scoped collaboratively. Best suited where both moral injury and complex systemic presentations are present.

- ✓ All inclusions from Packages 01 and 03
- ✓ Combined clinical consultation across Jesse and Jaya Winter
- ✓ Joint formulation and integrated treatment approach

PACKAGE 05

Delivered by Jesse Winter

Church & Denominational Partnership

*Format: Three tiers by size,
scoped on an initial call*

Confidential, faith-integrated, theologically aligned psychological care for ministry staff, with no reporting line back to the church, subject only to the standard legal limits that apply to every psychologist in Australia. Scoped to your size and needs in an initial conversation. Billed to your church or organisation, with the billing that fits you. Full detail in the Church Partnership Plans PDF.

- ✓ Three tiers by size: Tier 1 Pastoral Wellbeing Plan (local church), Tier 2 Ministry Team Plan (larger church or network), Tier 3 Denominational Partnership (denomination or sending organisation)
- ✓ Two billing options: pay per session, or an annual retainer
- ✓ Confidential sessions accessed directly by ministers and staff
- ✓ Faith-integrated, theologically literate care
- ✓ Scoped to your context in an initial conversation
- ✓ Annual retainer adds guaranteed and priority bookings, a lower per-session cost, and discounted further sessions. Retainer terms, including the minimum term and how the reduced session rate applies, are set out in the written agreement provided before any engagement begins
- ✓ Preferred provider option for minister referrals
- ✓ No written reports or in-session details shared without the client's full consent

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