

## **GTB Gestalt Therapist List**

Listed alphabetically by Therapist's first name

*(A list collated by Gestalt Therapy Brisbane of suggested Gestalt Therapists*

*in Australia for our students and community)*

### **Alexandra Herzog** *(New Farm, West End, online)*

Ph: 0415 923 534

Email [core.life.therapies@gmail.com](mailto:core.life.therapies@gmail.com)

Website [www.corelifetherapies.com](http://www.corelifetherapies.com)

Gestalt Therapy is more than work for me- It is a way of life. It is my passion to support and empower clients towards personal Awareness, Authenticity and Growth. My background is in Teaching, and I incorporate modalities such as the Human Design System and Family Constellations. My special interests include Multi Cultural Relations, Children and Families and Life Transitions. German Sessions available. No one is you and that is your power!

### **Alison Lee** *(Inner Brisbane, West End, Sunshine Coast, online)*

Ph: 0410 457 208

Email [aleeheartworklife@gmail.com](mailto:aleeheartworklife@gmail.com)

Website [www.heartworklife.com.au](http://www.heartworklife.com.au)

My experience as a therapist, group worker and supervisor includes 25 + years in the field working with a range of feminist and community based organisations. My experience includes supporting people transform trauma; transition through loss, relationship, sexuality, and gender identity issues; endure health issues and overcome body image and eating issues using a range of expressive modalities and practices. I have 10 + years' experience as a clinical supervisor, with a Master of Gestalt Therapy and I am a clinical member of GANZ and ACA.



## **Gestalt Therapy Brisbane**

Phone 07 3844 4204

431 Montague Road, West End QLD 4101

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[www.gestalttherapybrisbane.qld.edu.au](http://www.gestalttherapybrisbane.qld.edu.au)

### **Annie Garrety** (Forest Glen and Mapleton)

Ph: [0404521248](tel:0404521248) Email: [garretya@gmail.com](mailto:garretya@gmail.com)

Website: [anniegarretycounselling.net](http://anniegarretycounselling.net)

I Love to work creatively with individuals, couples, and children and to facilitate peer groups. I am passionate about the value of Gestalt principles, practice and philosophy and serve the GANZ Council, as President and Co-Chair for research, to contribute to the vitality, integrity, and visibility of Gestalt in Australia and globally.

I have a Masters in Gestalt, PACFA registration and decades of experience working in education, children, and music. In recent years I have completed international trainings in clinical issues and contemporary Gestalt Therapy with Spagnuolo Lobb, Robine, Francesetti and Vazquez Bandin in Milan, Rome, and Syracuse. My special interest is in improvisation in the field as a model of health.

### **Barry Laing** (*Ocean Shores, NSW*)

Ph: 0422 922 485 Email [barrylaing@outlook.com.au](mailto:barrylaing@outlook.com.au)

Website [www.barrylaing.com.au](http://www.barrylaing.com.au)

I am passionate about developing dialogue with and support for people that affirms them in their experience, grows awareness, and fosters agency and change. I also currently work as an educator and Learning Coach at Southern Cross University. Previously, I worked as a performance maker and educator in Australia, the United Kingdom and Europe over many years. I bring this broad experience and a caring, creative approach to my work as a counsellor and psychotherapist with individuals and couples.

Telehealth sessions online are available from anywhere in Australia.

### **Barb Gonda** (*Bardon, other Brisbane, and Ipswich locations negotiable*)

Ph: 0417 002 071 Email [barbarago@bigpond.com](mailto:barbarago@bigpond.com)

I have worked for many years as a student of life in a process of understanding myself and the world around me. I am a registered counselling psychologist with 2 Master level qualifications in counselling and Gestalt therapy as well as other post graduate qualifications. I value being authentic, aware and down to earth and hope that this in turn contributes to the connection and trust to underlie my work and contribute to bringing to light that which is real and true and meaningful to each individual. I have a strong artistic side with a professional distant background in nursing and the military. While a generalist therapist, I specialize in trauma, depression and grief and loss. I am available to discuss aspects about sessions and answer any questions prior to starting our work together.

### **Cathy Clancy** (*West End on Tuesdays*)

Ph: 0409 637 833

Email [clancy.therapy@gmail.com](mailto:clancy.therapy@gmail.com)



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[www.gestalttherapybrisbane.qld.edu.au](http://www.gestalttherapybrisbane.qld.edu.au)

I have been working as a counsellor, group facilitator and now since obtaining my Master of Gestalt Therapy, a Gestalt Therapist. I have a deep commitment to the therapeutic relationship in my work. I am interested in attachment theory, neuro-psychotherapy and trauma and the Gestalt application of these theories. I am a member of GANZ and PACFA Registration No. 24547.

### **Deborah Bullen** (*West End & Sunnybank Hills*)

Ph: 0431685999

Email [deborahfay16@hotmail.com](mailto:deborahfay16@hotmail.com)

I am a Gestalt therapist and through my 24 years of experience in supporting people I have found that it is building a relationship based on mutual trust and safety that allows the holistic healing of mind, body and spirit to unfold - and this is the therapeutic space I create for our work together. I have particular interest in supporting adults who have suffered through addiction's presence in their childhood or current environment. I am flexible in my times, being available most days.

### **Glenys Anderson** (*Daisy Hills*)

Ph: 3299 2643 or 0428 329 926

Email [glenys@counsellor.com](mailto:glenys@counsellor.com)

I am a Gestalt Therapist and clinical member of GANZ, PACFA, and AIRTA. I have been in private practice as a Gestalt Therapist for over 25 years and I am passionate about empowering clients to grow and heal. As well as Gestalt, I also bring many other trainings and interests to my work. Some of these include inner child work, working with grief, and with sexual abuse. I understand the importance of creating a safe, warm, and caring environment for all my clients.

### **Gregory Poll** (*Sydney, NSW*)

Ph: 0459 99 70 99

Email [gregory@growingheart.com.au](mailto:gregory@growingheart.com.au)

Website: [www.growingheart.com.au](http://www.growingheart.com.au)

I hold a Master of Gestalt Psychotherapy, and am a qualified psychotherapist, group facilitator, educator in TRIA and accredited supervisor in PACFA. I run a private practice at Kings Cross, Sydney, and work in a private mental hospital at Curl Curl.

I provide support for individuals going through times of personal difficulty and experience different trauma-related symptoms like anxiety and depression, addictions, or relationship problems. With a holistic approach, using a blend of modalities I tap into personal awareness, freedom, and self-direction. I am passionate about motivating and helping others in finding their own inner resources for building their strength, worthiness, self-confidence, and freedom in their lives.

My emphasis is on creating a safe and trusting environment that helps people to identify and understand their individual needs, name, and shift their general blocks and experience positive changes.



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### **Helen McWilliam** (*West End, online*)

Ph: 0428 876 791

Email [hmcwilliam@gmail.com](mailto:hmcwilliam@gmail.com)

Website: [www.helenmcwilliam.com](http://www.helenmcwilliam.com)

I am a Gestalt therapist and member of GANZ and PACFA. After working as an artist, teacher and as a family support worker, I felt like I had come home when I studied Gestalt. I have been in private practice since completing my Master of Gestalt Therapy in 2015. My work as a Gestalt therapist and supervisor is influenced by my strong interest in creativity, art, and yoga. After 20 years living on a community in northern NSW, I now live in Brisbane and delighting in living with my family. We are experimenting with three generations living together. I am deeply committed to the Gestalt approach in my work, honouring the wisdom of the heart, mind, and body in each of my clients.

### **Isa Pfluger** (*Mullumbimby*)

Ph: 0419 981 360

Email [isa@bodywisetherapies.com.au](mailto:isa@bodywisetherapies.com.au)

Website [www.bodywisetherapies.com.au](http://www.bodywisetherapies.com.au)

I enjoy working with a diverse range of people and presenting issues, working across the continuum of personal growth to more long-term therapeutic work for complex mental health concerns. I have extensive experience as a counsellor and group therapist both in agency settings and private practice. I am a member of GANZ and clinical member of PACFA.

### **Jane Campbell-Kaye** (*Peregian Beach, online*)

Ph: 0412 728 239

Email [janec@kayemob.com](mailto:janec@kayemob.com)

Website [www.janecampbellkaye.com.au](http://www.janecampbellkaye.com.au)

I am a Gestalt Therapist with 15 years in private practice. I am a Clinical member of GANZ and PACFA and a PACFA accredited Clinical Supervisor. I hold qualifications in Family Constellation work and working with adolescents, I was a Lifeline Crisis telephone counsellor for 5 years.

My previous careers were in the performing arts, yoga teaching and 30 years of working as an Active Birth teacher. I bring skills in body and breath work and creative experiments to my practice. My personal interest is in times of transition. In addition to individual and couples work, I have extensive experience of working with groups. I really enjoy working with GTB students.

### **Jane Faulkner** (*Tallebudgera Valley*)

Ph: 0404 787 162

Email [janefaulkner@y7mail.com](mailto:janefaulkner@y7mail.com)

Website [www.jane-faulkner.com.au](http://www.jane-faulkner.com.au)

My private practice rooms are in the Tallebudgera Valley, I have been walking closely with people for the past 20 years, starting my career as a Nurse and then moving into Therapy. I am passionate about Gestalt Therapy and the freedom and skills it has brought to my life. My own journey through life, motherhood, marriage, and a spiritual practice supports my work. I am also an Initiatic Art Therapy practitioner, an Equine Assisted Therapist, and an Iyengar Yoga Teacher.



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### **Jen Allen** (*Melbourne CBD Area*)

Ph:      Email [jenallen@jaccbiz.com](mailto:jenallen@jaccbiz.com)

I have been practicing for over 16 years as a Gestalt Therapist. I have worked in the role of supervisor in crisis lines. I have a current private practice supporting professionals in their reflective practice. My current practice sees me working with individuals and couples seeking to work with relationship issues, drug and alcohol and family of origin wounding. I have a particular interest in working with people who are seeking to recover from traumatic experiences. My Gestalt Psychotherapy informs my way of being in my private life and in my counselling practice. I have a love of working with the emerging therapist.

### **Johanna Treweeke** (*Coffs Harbor*)

Ph: 0432 068 881      Email [jtweeke@optusnet.com.au](mailto:jtweeke@optusnet.com.au)      Website <http://johannatreweeke.net>

Johanna works privately as a psychotherapist and has been counselling individuals, couples, families and groups for 15 years. She trains and mentors in Gestalt Therapy, has a background in social and environmental practice, and is pursuing a Master of Social Work at Monash University. Johanna is a clinical member of GANZ & ACWA.

### **Lars Andersson** (*Sherwood*)

Ph: 0431 690 914      Email [awarenet@intawa.com.au](mailto:awarenet@intawa.com.au)      Website [www.intawa.com.au](http://www.intawa.com.au)

I have been in full-time private practice as a psychotherapist, counsellor, and life coach in Brisbane for over 25 years - currently in Sherwood (Western suburbs). I see individuals and couples from all walks of life and find a lot of inspiration in assisting people in their quest for living a meaningful life in joy and harmony.

I hold a Master of Gestalt Therapy and a Master degree in Mental Health (Psychotherapy). I am a Clinical Member of GANZ and PACFA, and I am a PACFA accredited Clinical Supervisor. To get a better idea of what I am like as a therapist, you may want to read some of the client testimonials on my website

### **Leeann Horrill** (*Maleny*)

Ph: 0410 280 946      Email [leeannhorrill@hotmail.com](mailto:leeannhorrill@hotmail.com)      Website [www.leeannhorrill.com](http://www.leeannhorrill.com)

I hold a Master of Gestalt Therapy and am a member of PACFA and GANZ. I have a private practice based in Maleny on the Sunshine Coast. My approach is humanistic, person-centred, and experiential. I aim to provide a safe, supportive relationship where people can feel deeply listened to, understood, and accepted, and I use gentle experiments and creative processes to explore current life issues. I have a particular interest in supporting parents, children and families and I have been teaching parenting courses and workshops for the last 7 years. I also have a background in Body Therapies and teaching Yoga.



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### **Leila Davis** (*Toowong*)

Ph: 0424 775 564      Email [contact@leiladavis.com.au](mailto:contact@leiladavis.com.au)      Website <http://leiladavis.com.au>

MBBS, FRANCGP - Midway through life and a career in general practice I started my gestalt journey, looking for a more heartfelt connection with myself and my patients. I am delighted to now offer my clients what gestalt therapy offered me, life, lived more fully, vibrantly and richly through healing and personal growth. The creativity of gestalt combined with the many avenues of my own seeking for peace manifest in my work. I practice as a GP with mental health specialty in the Brisbane CBD, and as a Psychotherapist in Toowong.

### **Linda Sawrey** (*Canungra*)

Ph: 0400 739 330      Email [lsawrey@harboursat.com.au](mailto:lsawrey@harboursat.com.au)

I hold a Masters in Gestalt Therapy and am a member of PACFA. I support clients to truly learn, grow and thrive through life's challenges. I believe that transforming our core wounds and wisdom learnt from them into our greatest gifts allows us to unshackle the darkness of our past and re-ignite our passion for life. My main focus is supporting client's to discover their true self by exploring within a safe and nurturing environment. My practice is based in the Gold Coast Hinterland and includes a unique experience of Equine Assisted Psychotherapy. I cover all aspects of Psychotherapy with a particular interest in trauma, eating disorders, domestic violence, working with families, anxiety, depression, grief and loss.

### **Lisa Toman** (*Byron Shire*)

Ph: 0403 192 060      Email [lhrycuik@yahoo.com](mailto:lhrycuik@yahoo.com)

Lisa holds a Master of Gestalt Therapy and a Certificate in Initiatic Art therapy. She is also one of few qualified advanced Equine Assisted Psychotherapists in the area. Lisa feels particular passion about this therapy as she has witnessed the profound impact it can have on clients. Lisa's approach to Gestalt Therapy incorporates the therapeutic benefits of creative expressions, being in nature and being with animals. She aims to facilitate the development of embodied awareness through relational experiences.

### **Maria Dolenc** (*Sydney, NSW*)

Ph: 0425 277 279      Email [maria@mariadolenc.com.au](mailto:maria@mariadolenc.com.au)

Website: <https://www.mariadolenc.com.au>

Maria is a qualified Gestalt Therapist, Family Constellation Facilitator and Addictions Counsellor working with individuals, couples, families and groups.

Life for her started near Ljubljana, Slovenia. Arriving in Australia with her husband and 2-year old son, intending to stay for two years. That was thirty five years ago. Two years later she had their second





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son. Speaking no English, having no family support, and believing there was no way to return home, her life became smaller and darker until it was totally black with what she now understands as being a depression. Then her life took a dramatically different direction. It began with participating in twelve steps groups, then exploration into her family of origin moving to complete formal Gestalt Therapy training.

For the next twenty years she applied her direct experience and training, working initially with youth in refuges and supporting families in crisis as a family support counsellor. Since 1995 her focus has been on workshop facilitation, teaching and training along with providing supervision for other therapists and students.

Maria is a clinical member of GANZ, PACFA, ISCA as well as an accredited PACFA Supervisor.

### **Mairéad Cleary** (Byron Shire)

Ph: 0450 458 169

Email [mairead@maireadcleary.com](mailto:mairead@maireadcleary.com)

Website: [maireadcleary.com](http://maireadcleary.com)

Mairéad is a Gestalt psychotherapist and personal coach based in the Byron Bay area. Her focus of learning and experience over many years has been in facilitating human wholeness. She is a Path Retreats facilitator, a long-distance hiker, a writer, and a lover of the natural world.

Mairéad moved her life from Ireland to Australia and made the dramatic career change from engineering to psychotherapy, so navigating change is familiar to her. Mairéad has worked with people from all walks of life and has come to see that kindness, acceptance, care, and support will always carry people through.

### **Natajsa Wagner** (Ashgrove & Brisbane North)

Ph: 0403 471 609

Email [hello@natajsawagner.com](mailto:hello@natajsawagner.com)

Website [www.natajsawagner.com](http://www.natajsawagner.com)

I am a Gestalt Psychotherapist in full time private practice based in Ashgrove, Brisbane. I work with individuals, couples and groups blending relational gestalt methods, neuroscience, and modern psychotherapy practices. I provide a supportive space for people to share their stories, debrief and gain clarity. My approach is collaborative, trauma informed, experiential and focused on relationship. I am passionate advocate for authentic human conversations and connection that create more belonging, intimacy and aliveness.

I have been featured as an expert both locally and internationally and contributed to a number of media outlets including: Women's Health and Fitness Magazine, Cosmopolitan Magazine & ABC Online. I am a provider for Medibank private.



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### **Nicola Turschwell** (*Nambour & Sunshine Coast*)

Ph: 0439 711933      Email [nicola.turschwell@gmail.com](mailto:nicola.turschwell@gmail.com) Website [www.nicolaturschwell.com.au](http://www.nicolaturschwell.com.au)

My 20 plus year career as a therapist began with Wilderness Trekking with young people and has come full circle now back to Contemporary Rites of Passage treks with 'at risk' girls. I have a breadth of experience across many sectors:

- I spent 2 years working in the remote Kimberley WA and my "spirit, heart, head and hands" (thanks Tyson Yunkaporta) are committed to following and listening to First Nations wisdom as it guides my work.
- I worked for Uniting Care Community for 9 years as Program Leader for Parenting, Domestic Violence and general counselling programs.
- I now do some group work with Wandjina - residential Eating Disorders Clinic on the Sunshine Coast
- I also love providing Supervision both group and individual (in person and on Zoom)

I completed the Advanced Training In Supervision Theory and Practice with GTB in 2020, I am an experienced Sensorimotor Art Therapist and would love to support your awareness and discovery in knowing your centre. My practice is located in Nambour, Sunshine Coast.

### **Margarete Koenning** (*Maleny*)

Ph: 0408 416 041      Email [mukel@westnet.com.au](mailto:mukel@westnet.com.au) Website [www.margarete-koenning-counselling.com](http://www.margarete-koenning-counselling.com).

BA Social Work Germany, Gestalt therapist, family, and systemic constellation Trainer, PACFA accredited Supervisor.

I have been working as a Gestalt Therapist since 1985. I did my training in Germany and worked in the hospital System with addictions and different mental health issues. I had the privilege to provide training for different institutes throughout Australia and Europe for 20 years. My passion is how we can engage with our differences as well our similarities how we can step out of Isolation into connection. If you would like more information please feel welcome to contact me. I have been in private practice in Maleny since 1993.

### **Murray Sutton** (*Ipswich*)

Ph: 0417 703 924      Email [msu09280@bigpond.net.au](mailto:msu09280@bigpond.net.au)

My clinical work started in 1995 at Currumbin Clinic and I have significant experience in Drug and Alcohol working as a Group Facilitator, Case Manager, Residential Therapeutic Community Coordinator, and currently the Dual Diagnosis Clinician. I have run a private practice since 1997, including one to one general counselling, one on one supervision, supervision and training groups for professionals and family interventions. I have received an individual industry award for Significant Contribution to the Therapeutic Community in Australia





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### **Peter Young** (*West End*)

Ph: 0423 411 313

Email [peter@peteryoung.net](mailto:peter@peteryoung.net)

Website [www.peteryoung.net](http://www.peteryoung.net)

I am a social worker and Gestalt Therapist. I am currently employed as a lecturer in social work at Griffith University. In my social work career, I have worked in child protection, housing, supporting families with young children with a disability, and as a generalist counsellor at Lifeline. I have been in private practice as a counsellor since 2010. My goal as a therapist is to support you to know yourself and to make peace with yourself. I value the importance of safety in our relationship, and we move at your pace.

### **Rhonda Gibson Long** (*Mullumbimby*)

Ph: 02 6684 0095

Email [rhondagibsonlong@gmail.com](mailto:rhondagibsonlong@gmail.com)

Website [www.anahataretreats.com.au](http://www.anahataretreats.com.au)

After being a trainer and Director of Sydney Gestalt Institute for 15 years I moved to Mullumbimby in 2013 to start a more relaxed and natural lifestyle. I have 25 years' experience as a Gestalt therapist and supervisor and work with couples, individuals, small groups using a creative, experiential, and relational approach based on many workshops with Lynne Jacobs and Gary Yontef. Masters Gestalt, B.Sc, Dip Ed, RSA, Cert Supervision

### **Sarah Bergman** (*Gold Coast, Tweed Heads*)

Ph: 0422 620 151

Email [sarah@counsellingonthecoast.com.au](mailto:sarah@counsellingonthecoast.com.au)

Sarah provides counselling through the practice of Gestalt Psychotherapy for individuals, families and couples. Sarah is an accredited member of (PACFA, GANZ) and her private practice is situated in Tweed Heads.

### **Sean Tonnet** (*Byron, Mullumbimby*)

Ph: 0415 919 123

Email [connect@seantonnet.com.au](mailto:connect@seantonnet.com.au)

Website [www.seantonnet.com.au](http://www.seantonnet.com.au)

Sean has been working in human services for over 25 years and as a full time Gestalt therapist, clinical supervisor and group facilitator for the past 12 years. His reputed and respected practice reflects his comprehensive training in Gestalt therapy, and relationship services. Sean melds creative relational Gestalt methods and contemporary psychotherapy and mindfulness practices within a safe and sacred space. Whether in a beginning place of your studies or as emerging therapist in Year 4, student's will find Sean an invaluable support for personal development and course requirements. His work been reviewed on radio, television and in print, making him a highly sort after therapist within the Northern Rivers.



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### **Shuwana Shiraze** (*Melbourne, Online*)

Ph: 0402 126 711

Email: [contact@shuwana.com](mailto:contact@shuwana.com)

Website: <https://shuwana.com>

Supporting adults & couples: inclusive of cultural diversity, POC, diverse gender identities, expressions, and sexual orientations.

I work collaboratively with you within a trauma sensitive, Relational Gestalt psychotherapy framework, drawing from a range of modalities (including Emotion Focused, somatic, Depth Enquiry-EMDR, non-dual, art therapy, psychodynamic, transpersonal, solution focused), tailored to suit your specific situation and needs.

I provide a safe space that is gentle, affirming, experiential and experimental. I assist couples and individuals in discovering their unique strengths and in appreciating and respecting differences in their relationships. I support the development of skills to navigate interpersonal conflict, so that, with the appropriate support and challenge, your full potential in relationships can be realised.

I consider whole systems of influence - and invite us both to listen sensitively to the whole field, pay attention to the intelligence of the body, and relate authentically to one another.

### **Steven Jarvis** (*Mapleton*)

Ph: 0428 774 871

Email: [stevenjarvis@inet.net.au](mailto:stevenjarvis@inet.net.au)

Practice located at Crescent Place Integrated Health Centre, 136 Nambour – Mapleton Rd, Nambour Heights. 4560.

I believe that knowledge of and connection with self is intrinsic to developing the capacity to connect with others. I am privileged to work as a psychotherapist and welcome the opportunity to engage with you as a gestalt student in your personal work. I have 15 years counselling experience working with individuals, couples, and family groups as well as in facilitating process orientated group work. I am a Clinical member of GANZ, an Accredited Supervisor with PACFA, and an Accredited Mental Health Social worker. The Medicare rebate is available if you are referred through your GP. My private practice is located in Nambour on the Sunshine Coast. My therapeutic posture is dialogical and experiential with a relational focus.

### **Tondi Gilfillan** (*Mullumbimby, Byron Shire*) (Monday to Thursday)

Ph: 0432 245 580

Email: [tondigilfillan@gmail.com](mailto:tondigilfillan@gmail.com)

Website: <https://www.tondigilfillan.com>

With beginnings in East Africa, a background in Social Anthropology, years of travel and intensive meditation/mindfulness practice, and 9 years in the Disability Sector as a support worker, case worker and manager, I went on to complete a Masters in Gestalt Therapy in 2010.

From here, my passion and dedication to my work as a Gestalt Psychotherapist, Relationship Counsellor and Group Facilitator and Educator, spans more than 10 years, both in the community sector and in private practice. I am currently in full time private practice in Mullumbimby.



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Gestalt is my foundation and back bone, and I also use a creative, trauma informed, integrated approach in my work, and combine relational psychotherapy techniques with research in neurobiology, attachment, and mindfulness.

Underpinning my approach to everyone I work with, is a deep reverence for each person's humanity, vulnerability and change potential. Socrates poignantly said that '*an unexamined life is not worth living*'. I am passionate about providing a safe, creative intelligent holding to begin your own self exploration.

As a Clinical Member of PACFA, GANZ member and over 6000 case hours, I bring a wealth of experience to my practice.

### **Trish Landsberger** (*Seventeen Mile Rocks*)

Ph: 0439 949 700      Email [ollieandtrish@optusnet.com.au](mailto:ollieandtrish@optusnet.com.au)

I originally trained as an Infant Primary Teacher, with a speciality in Dance Drama and an interest in the creative arts. I have a Graduate Diploma in Experiential and Creative Arts Therapy and a Master of Gestalt Therapy, am a Certified Trainer in Circle of Security (attachment based parenting) and advanced Trainer in The Nurtured Heart Approach (a parenting approach created in particular for intense and challenging children). I work with Kyabra Community Association working alongside parents and their children. I have a particular interest in Children and Childhood, Childhood Trauma, Attachment, Parenting, Creative processes.

### **Urja Refalo** (*Coffs Harbour, Bundaberg*)

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I am a counsellor and Gestalt psychotherapist seeing individuals and couples and a group facilitator. I work with those who want to know more about themselves and their relationships. I have a background in meditation and meditative therapies. I work dialogically, using experiments and creative media where appropriate, along with a 3 phase approach for those affected by trauma. I see the process as transformative as the capacity to make creative and fulfilling choices increases through understanding of self and awareness of one's own resources.

<b>DOCUMENT INFORMATION</b>		
<b>Document Attributes</b>	Information Sheet	
<b>ID</b>	GT1001	
<b>Owner</b>	Administration Manager	
<b>Contributor</b>	Gestalt Therapists	
<b>REVISION HISTORY</b>		
<b>Version</b>	<b>Issue Date</b>	<b>Changes</b>
0.1	March 2016	Draft version
V1.0	4 March 2016	Final version 2016
V2.0	1 April 2016	Updated new therapist 2016
V3.0	19 July 2016	Updated new therapist 2016
V4.0	16 September 2016	Updated new therapist 2016
v1.0	23 November 2016	Updated for 2017 2016
v2.0	6 January 2017	Updated new therapist 2017
v3.0	1 February 2017	Updated new therapist 2017
v4.0	15 February 2017	Updated new therapist 2017
v5.0	23 February 2017	Updated new therapist 2017
v6.0	15 March 2017	Updated new therapist 2017
v7.0	12 April ;2017	Updated new therapist 2017
v8.0	30 May 2017	Updated new therapist 2017
v9.0	26 July 2017	Updated new therapist 2017
v10.0	8 September 2017	Updated new therapist 2017
v11.0	19 September 2017	Updated new therapist 2017
V1.0	14 February 2018	Updated for 2018
V2.0	16 February 2018	Updated new therapist 2018
V3.0	28 February 2018	Updated new therapist 2018
V4.0	21 March 2018	Updated new therapist 2018
V5.1	22 May 2019	Updated for 2019
V6.0	4 October 2019	Updated new therapist 2019
V7.0	7 February 2020	Updated for 2020
V8.0	23 March 2020	Updated new therapist
V8.1	22 May 2020	Updated new therapist
V8.2	5 June 2020	Updated new therapist
V8.3	11 November 2021	Updated 2021 new therapist
V8.4	31 January 2022	Updated revised bibliography of therapist
V8.5	25 February 2022	Updated new therapist
V8.6	2 March 2022	Updated new therapist
V8.7	7 March 2022	Removed therapists
V8.8	6 April 2022	Removed therapist
<b>DOCUMENT APPROVALS</b>		
<b>Role</b>	<b>Name</b>	<b>Date</b>



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Administration Manager	Jeanenne Wilkinson	7 March 2022
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