

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

Website 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

Website 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.

Amanda Guilfoyle *(Inner Brisbane, West End)*

Ph: 0439 002 300

Email: hello@pellawellness.com.au

Website: www.pellawellness.com.au

Amanda is a compassionate trauma informed Gestalt Psychotherapist .She takes an anti-oppressive stance, believing that effective therapy fosters awareness, meaning, and compassion . Amanda integrates Gestalt relational approaches, creativity, attachment theory, mindfulness, and polyvagal theory into her practice.

Having supported a diverse range of clients, including survivors of torture and trauma and community members in a remote Aboriginal community, Amanda welcomes clients aged 3 and older to her practice. She offers sessions in Capalaba, West End, and online.



Gestalt Therapy Brisbane

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Annie Garrety (Forest Glen and Mapleton)

Ph: [0404521248](tel:0404521248)

Email: garretya@gmail.com

Website: 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.

Alpha Ponce Meija (*West End, online*)

Ph: (07) 2100 4837

Email alpha.ponce@wisebeginning.com.au

Website www.wisebeginning.com.au

Hello, my name is Alpha Ponce, and I am a counsellor and psychotherapist, Psychologists (Mexico). I support adults who want to connect with their wisdom and heal from the impacts of complex trauma **(or developmental trauma)**

Complex trauma might develop when an unsupported child goes through difficult times when their caregiver. For example, when the caregiver is emotionally disconnected or neglectful, happy and loving one minute to extremely angry the next. Experiencing bullying or violence in the community etc. I use Gestalt therapy, Emotionally Focused Therapy, Family Constellations, Emotional Mind Integration, Rapid Core Healing Mastery and basic knowledge of Internal Family Systems.

I would create a strong, genuine, and safe working alliance between us, which would be based on mutual respect and honesty. I will treat you as my equal and welcome all your thoughts, feelings, and emotions. Our mutually supportive relationship will involve psychoeducation to help you understand more about your mind, body, and emotional regulation skills to develop exercises that will enable you to connect with your wisdom and create new neural pathways in your brain to cope with stressful situations more effectively—as such, paving the way for a healthier and happier you.



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Barry Laing (*Ocean Shores, NSW*)

Ph: 0422 922 485

Email barrylaing@outlook.com.au

Website 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

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.

Biannka Brannigan (*Far North Queensland, in person and online*)

Ph: 0407634116

email: hello@biannkabrannigan.com

Website: www.biannkabrannigan.com

I hold relationships dear to my heart and I believe that having awareness of ourselves and the skills to navigate relationships (the relationship we have with ourselves and others) are foundational to creating more peace and joy in our lives. I hold Gestalt therapy close to my heart and also have a keen interest in interpersonal neurobiology, existentialism, our wonderful nervous systems and attachment theory. I am an Ashtanga yoga teacher but will always be a student first. I am also super passionate about regenerating my 50 acre property with sustainable agricultural practices in Far North Queensland and when I'm not practising yoga or working, you'll find me amongst my flower beds marvelling at their beautiful ways.

Cathy Clancy (*West End on Tuesdays*)



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Ph: 0409 637 833

Email clancy.therapy@gmail.com

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

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

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

Website: 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, additions, 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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Gina O'Neill (Sydney NSW)

Ph: 0411762362

email: ginaoneillsyd@gmail.com

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

Gina O'Neill is a highly qualified and experienced gestalt psychotherapist, educator, and supervising consultant with over 20 years of clinical experience. She has worked with individuals, families, and groups dealing with trauma-related experiences, substance and process addictions, mental health, and relationship issues. Gina has worked in various clinical settings, including private psychiatric clinical settings, NGOs, and public health settings. In the past eight years, she has been working as a consultant supervisor, educator/trainer, and clinical specialist in the Aboriginal Community Controlled Health Organisation sector and is in private practice.

Helen McWilliam (West End, online)

Ph: 0428 876 791

Email hmcwilliam@gmail.com

Website: www.helenmcwilliam.com

I am a clinical registered gestalt therapist and supervisor (and a member of PACFA and GANZ). After 20 years living on a community in northern NSW, I now live in Brisbane and delight in living with my family. We are experimenting with three generations living together. After working as an artist, teacher and family support worker, I felt like I had come home when I studied Gestalt. My work is influenced by my strong interest in art and creativity. I am deeply committed to the Gestalt approach in order to help my clients understand, heal and grow.

Isa Pfluger (Mullumbimby)

Ph: 0419 981 360

Email isa@bodywisetherapies.com.au

Website 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

Website 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.



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Jane Faulkner (*Tallebudgera Valley*)

Ph: 0404 787 162

Email jane Faulkner@y7mail.com

Website 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.

Jen Allen (*Melbourne CBD Area*)

Ph: Email 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.

Josie Coco (*Maleny, QLD*)

Ph: 0498 065 306

Email josie@josiecoco.com Website: www.josiecoco.com

Supporting my clients to overcome obstacles to thriving and living well is the focus of my work. With this in mind I fully subscribe to the Gestalt Therapy process. In particular I am interested in working with adults who have experienced complex trauma emerging from unmet attachment and development needs, often emerging as anxiety, depression and addictions. The ground that supports my work includes a Masters in Gestalt Therapy, Grad Cert in HR Management, various trauma training programs, Midwife 20 years, BodyTalk System Practitioner 10 years, and entrepreneur for 21 years of 2 successful private commercial enterprises.



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Justine Brown (Sunshine Coast, online)

Ph: 0411 777 33 Email justine.brown777@bigpond.com Website: www.sunshinecoastpsychotherapy.com

I am a Gestalt Therapist in Buderim on the Sunshine Coast and have been working in the Mental Health and Wellness field for over 20 years. My love of nature, animals and people have led me to witness and value the support and wisdom we bring to each other. I am passionate about supporting clients to feel safe, empowered and at home within themselves and to explore the challenges in our current environment. This can lead to change and deeper, more intimate connections with others creating aliveness, belonging, and meaning. I bring a broad range of experiences into my work and have skills in Bodywork, Expressive Art, Counselling, Personal Development and Disability Coordination. I have a special interest in assisting people who have experienced trauma to find their own understanding, healing, and fulfilment. I also practice Equine Assisted Therapy. I have a Master of Gestalt Therapy, Certificate in Equine Assisted Therapy, Bachelor of Arts and am a member of PACFA and GANZ.

Leeann Horrill (*Maleny*)

Ph: 0410 280 946 Email leeannhorrill@hotmail.com Website 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.

Linda Sawrey (Canungra)

Ph: 0400 739 330 Email reinchanger@hotmail.com

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.



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Lisa Toman (*Byron Shire*)

Ph: 0403 192 060

Email 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.

Mairéad Cleary (*Byron Shire*)

Ph: 0450 458 169

Email mairead@maireadcleary.com

Website: 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.

Anne Delmas (*Cairns*)

Ph: 0435 608 612

Email: SailingthroughGestalt@gmail.com

Website: N/A

I am passionate about empowering individuals through life transitions. I have a profound commitment to helping individuals find their own path through self-awareness, and connecting with themselves. In my sessions, face to face and online, I foster genuine connections with you, with an emphasis on phenomenology and field theory.

My journey in psychotherapy has been shaped by my deep appreciation for the human capacity to heal and grow. My dedication to the well-being of my clients is grounded in my own existential experiences of personal transformation and resilience. Whatever your field is carrying, we can embark on a transformative journey that combines the wisdom of Gestalt therapy, in order to reconnect more with your inner self.



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Maria Dolenc (Sydney, NSW)

Ph: 0425 277 279

Email 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 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.

Marcus Mogford (Northcote, Victoria)

Ph: 0410 528 723

Email marcus.a.mogford@gmail.com

<https://au.linkedin.com/in/marcus-mogford-504971b9>

Marcus is a registered counsellor and gestalt psychotherapist who has worked in a variety of mental health settings since 2016. His clinical practice has focused on areas such as anxiety, depression, trauma, self-esteem, grief, suicidal ideation, and challenges in relationships.

Marcus primarily uses a Gestalt approach, but also draws on attachment theory, Internal Family Systems, relational neuroscience, trauma-informed treatment modalities, and psychospiritual approaches in accordance with the needs and interests of his clients. His aim is to situate his therapeutic approach in the context (and service) of each client's unique experience, history, and circumstances.

Marcus's interest continues to be in mental health – but not merely the absence of symptoms or illness, as it is sometimes misunderstood to be. He is interested in supporting people to deepen their relationship with themselves, other people, and the world around them. He believes that depth of relationship and awareness profoundly affects the quality of our experience, while also enabling us to respond to demands and challenges with greater choice and flexibility.



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Natajsa Wagner (*Ashgrove & Brisbane North*)

Ph: 0403 471 609

Email hello@natajsawagner.com

Website 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.

Margarete Koening (*Maleny*)

Ph: 0408 416 041

Email mukel@westnet.com.au

Website www.margarete-koening-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

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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Paul Archer (*Lismore NSW*)

Ph: 0437671400

Email paul@beingwellcounselling.au

Website: www.beingwellcounselling.au/

I am an experienced counsellor/psychotherapist. I have a Master in Gestalt Therapy and am accredited with ACA (Australian Counselling Association). I first started seeing clients in 2014. At the beginning of 2022, I founded Being Well Counselling. I am passionate about and committed to supporting people and my community.

I have a strong interest in developmental trauma including trauma informed practices. I work with adults, adolescents and couples. Mostly I work with presentations such as anxiety, depression, suicidal ideation, grief and loss, and trauma. Though I mostly work face to face, I also see clients online.

I deeply value education as a resource for wellbeing on a community level, as such I run various educational and process groups for community members. In 2024 I am extending this scope to include running professional development workshops on trauma informed practices for teachers. Being an educator has been a big part of my life, with a background as a secondary music teacher as well as being in leadership and welfare positions within schools.

Peter Burge (*Boronia VIC*)

Ph: 0421 936 654

Email info@emotionalalchemy.com.au

Website www.emotionalalchemy.com.au

Peter Burge is a Psychotherapist, Counsellor, Coach and Meditation Teacher. He has meditated and practised yoga for over 40 years and worked in the Health and Wellbeing Area for over 25 years. He has taught meditation, yoga and stress management courses and retreats around Australia.

Peter Young (*West End, QLD*)

Ph: 0423 411 313

Email peter@peteryoung.net

Website 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.



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Rhonda Gibson Long (*Mullumbimby*)

Ph: 02 6684 0095 Email rhondagibsonlong@gmail.com Website 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

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.

Scott Lacey (*Burnside, Sunshine Coast, Brisbane, On-Line*)

Ph: 0439 922 721 Email scott@embodiedhealing.com.au Website www.embodiedhealing.com.au/

Scott takes a grounded, present-centred approach in working with clients, supporting them via secure relationship and self-awareness towards self-acceptance and new choices in life. He brings with him extensive experience in the private and public sectors in several industries and departments. He understands how the struggles and challenges of navigating the workplace show up and can offer deep relational support in moving through these difficult situations.

Sean Tonnet (*Byron, Mullumbimby NSW*)

Ph: 0415 919 123 Email connect@seantonnet.com.au Website 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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Sherridan Green (*Northcote, Melbourne, Online*)

Ph: 0412 636 374

Email: Sherridangreen6@gmail.com Website: <https://sherridangreen.com.au>

As a Gestalt therapist, I work with people to develop their awareness of who and how they are in the world. I support individuals and couples on journeys of self-discovery through understanding vital areas of their lives, including emotional development, identity, responses to the world, awareness, process of enquiry, living skills, and capacity for self-responsibility. This includes managing anxiety, anger, depression, confusion, loss, grief, overwhelm, and lack of purpose. I believe that mental health is about having the agility of the mind so that the choices and decisions you make come from your true self.

Shuwana Shiraze (*Melbourne, Online*)

Ph: +61 3 8797 2621

Email: 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.

Sue Lamond (*Kyogle NSW, online*)

Ph: 0406 545 652

Email sue@nreap.com.au website: www.nreap.com.au

I hold a Masters in Gestalt Psychotherapy and live and practice in the Norther Rivers of NSW, a small town called Kyogle. I am a member of PACFA, GANZ and work as a supervisor in the therapeutic field. I have a love of animals and the natural environment, which surrounds and supports my room-based practice. I offer Gestalt sessions both face to face and online. As an Advanced Equine Assisted Psychotherapist and trainer in the field, I can, if clients choose to, take sessions into the outdoor world of horses in a safe relational and choiceful way. Stepping out of the room-based sessions but being guided by the Gestalt principles in my equine assisted practice, builds a more relaxed and resourced



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atmosphere. I have further training in working with trauma as well as the Inner Critic. I offer individual and group sessions along with specialised two and three day therapeutic workshops.

Teresa Christensen (*Peregian Springs*)

Ph: 0406 961 376 Email underthelmontree@yahoo.com

My journey towards becoming a Gestalt therapist has been woven around a career in healthcare and intertwined with working as a nurse educator to land as a Gestalt counsellor to those living with dementia in a residential community and the people who care for them. I have a private practice on the Sunshine Coast where I work with people who experience a diverse range of presenting issues and situations. I have passion to sit alongside people who are travelling their own unique life journey and wish to explore their lived experience.

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

Ph: 0432 245 580 Email: 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.

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.



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Trish Landsberger (*Seventeen Mile Rocks*)

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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*)

Ph: 0439 802 218 Email urjarefalocounselling@gmail.com Website www.coffsharbourtherapy.com

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.

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