



PSYCHOLOGISTS, PSYCHOTHERAPISTS AND COUNSELLORS

LGBTIQ COMPETENT

*supporting our communities
through counselling services*

NOVEMBER 2017



CALL 6257 2855
EMAIL support@aidsaction.org.au
ADDRESS Havelock House, 85 Northbourne Avenue,
(Gould St Entrance) Turner.

THE AIDS ACTION COUNCIL IS PROUD TO OFFER LGBTIQ COMPETENT COUNSELLING TO MEMBERS OF THE LESBIAN, GAY, BISEXUAL, AND TRANS, GENDER DIVERSE COMMUNITIES, INCLUDING PEOPLE WHO ARE INTERSEX OR IDENTIFY AS GENDERQUEER, NONBINARY OR GENDER-QUESTIONING.

We understand the concerns LGBTIQ people bring to counselling are often universal to all people and may not necessarily be related to their personal sexual orientation or gender identity. We are committed to providing a safe, nonjudgmental and inclusive therapeutic environment. Many of our staff are peers and all counsellors are qualified, competent, trained and experienced working in therapeutic settings with LGBTIQ communities.

As well as providing counselling via a team of staff at the AIDS Action Council, the Council advocates the following professional practitioners who are appropriately skilled and experienced (LGBTIQ competent). All practitioners listed are supported by the Council through training, education and fees for service are subsidised. This service is centrally coordinated by the Council and aims to provide community members with access, options and choices throughout Canberra and the region.

LGBTIQ COMPETENT PSYCHOLOGISTS, PSYCHOTHERAPISTS AND COUNSELLORS

JOANNE BYRNES

– PSYCHOTHERAPIST

TURNER

Joanne has a Masters in Gestalt therapy and is a facilitator and trainer in Family Constellations. Joanne moved to Canberra from Sydney five years ago and has been working since then with the LGBTIQ communities in the ACT and surrounds. Joanne works with trauma, depression and anxiety, PTSD, gender dysphoria and family systems. Joanne works in a gentle, supportive way to empower clients in their life. Joanne is a clinical member of PACFA.

RODNEY COLE

– COUNSELLOR

TURNER

Rodney has practiced Gestalt therapy as a counsellor in the LGBTIQ communities of Sydney and Canberra, where his clients received support with issues such as coming out, aging, gender transition, depression and addictions. Rod's approach is based on building awareness, exploring choices, attending to our vulnerabilities and shadow sides, while using creativity and humour wisely in his sessions.



TOM SKELTON

– COUNSELLOR

TURNER

Tom travels weekly from Sydney to Canberra to work as a passionate LGBTIQ and HIV community-focused counsellor at the AIDS Action Council. Tom celebrates the many diverse facets and strengths of our communities and is proud of his strong community values. Tom works with the client as expert in their own experience through an affirming and validating approach.

JULIA BYFORD PHD

– MA COUNSELLING AND HUMAN SERVICES HACKETT

Julia provides counselling for individuals and couples and provides clinical supervision. She has a demonstrated a long-term commitment to the GLBTIQ community, worked for 3 years as counsellor at the Victorian AIDS Council, has conducted extensive research in HIV and identifies as a lesbian. Julia uses a broad-based approach that draws on a number of counselling modalities, the main ones being Process Experiential Emotion Focussed Therapy, a totally holistic approach, and mindfulness-based approaches. She also practices EMDR, a modality that is particularly useful for people who have PTSD and other trauma-related issues. Julia has 40 years' experience in Australia and internationally as a counsellor, researcher, nurse, midwife, medical anthropologist and academic. Her qualifications, knowledge, skills and experience give her a solid foundation to understand and work with people dealing with challenging issues in their lives. She has a PhD in Medical Anthropology, an MA in Counselling and Human Services and is a Clinical Member of Counselling and Psychotherapy Association Canberra and Region and member of the Psychotherapy and Counselling Federation of Australia. She is committed to continuous professional development and regular consultative supervision. Location: Canberra Holistic Health Centre, Hackett.

KATE DIGGLE

– THERAPIST

KAMBAH

Kate is a Gestalt therapist and trainer, located in Kambah. Kate supports clients to find their own answers. Kate does not judge, diagnose or purport to know what's best for clients. Kate sees her role as a therapist as one of a 'fellow traveller'. Kate draws on her extensive training, ongoing supervision and wide and varied life experiences to walk alongside clients as they build greater self-awareness and acceptance. This, paradoxically, tends to result in the changes in their life they want to see. Kate also has training in the field of Family Constellations. Kate works with individuals, couples and groups. In workplaces, Kate provides services as a trainer, coach and group facilitator.

MARIAN DOMINICK

– MENTAL HEALTH SOCIAL WORKER

TURNER

Marian is an Accredited Mental Health Social Worker, having completed her studies at the Australian Catholic University. Marian also has a bachelor degree in Community Development (Health Promotion) from the University of Canberra. Marian works in a client-centred, solution-focused and collaborative way with the people who consult her. Some of the issues Marian commonly helps people with include depression and anxiety, trauma (past and present), adjustment issues, stress, grief and loss. Marian is passionate about her work with children and adolescents, and provides family therapy and parental coaching. Marian's work draws from a number of theoretical approaches, such as Acceptance and Commitment Therapy (ACT), cognitive behavioural therapy (CBT), Parent Child Interaction Therapy, Trauma-focused therapies, and other evidence based interpersonal therapies. Therefore, all counselling and therapy is tailored to suit the client's needs.

KATINA ELLIS

– THERAPIST

O’CONNOR

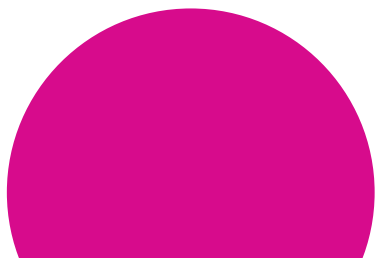
Katina has lived and worked in Canberra for many years. Katina has a private practice in the O’Connor shops where she sees adolescents, couples and individuals. Katina has an LGBTIQ friendly practice and as a result she is working more and more with aspects of gender. Katina has a growing number of transgender clients of various ages and in various stages of transition. These experiences continue to inform her work as a contemporary Jungian analyst and analytical psychotherapist.

LISA GRANT

– MENTAL HEALTH SOCIAL WORKER

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Lisa is a Clinical Accredited Mental Health Social Worker and since 2009, has been providing counselling for adults and young people, individuals and couples in management of anxiety and depression, relationships and well-being, sex therapy and sexual well-being, recovery from abuse and trauma, management of sexually problematic behaviours and grief and loss. Lisa works within a person-centred strengths-based, LGBTIQ friendly framework.



need to talk?

COME AND TALK TO ONE
OF OUR COUNSELLORS.

TEN SIGNS YOU MIGHT NEED A counsellor

1

YOU ARE FEELING
STRESSED

3

YOU FEEL
DISCONNECTED

2

YOU FEEL DOWN ALL
THE TIME

4

YOUR FRIENDS HAVE
TOLD YOU THEY ARE
CONCERNED



5

**EVERYTHING YOU
FEEL IS INTENSE**

8

**YOU ARE SUFFERING
FROM ANXIETY**

6

**YOUR
RELATIONSHIPS
ARE STRAINED**

9

**YOU ARE USING A
SUBSTANCE TO COPE**

7

**YOU ARE
STRUGGLING WITH
YOUR SEXUALITY**

10

**YOU HAVE SUFFERED
A TRAUMA AND YOU
CAN'T SEEM TO STOP
THINKING ABOUT IT**



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DAVID JONES

– CLINICAL FAMILY THERAPIST

KINGSTON

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David is a registered clinical family therapist with over twenty five years of experience. David’s approach to therapy emphasises understanding the context in which people are experiencing difficulties in their lives, taking into account things such significant relationships, personal and family history, parenting and children, gender, work, ethnicity, health, sexuality, and religion. David’s areas of interest/ specialisation include: Relationship therapy for individuals, couples and families, working with people to address the effects of trauma in their lives resulting from violence and/or sexual abuse and working with people who have experienced long standing difficulties in life.

HELEN JONES

– PSYCHOTHERAPIST

KINGSTON, COOMA

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Helen is a Systemic Couple and Family Psychotherapist with a Clinical MSc in Systemic Couple and Family Psychotherapy from Institute of Family Therapy, London. Helen has over 20 years’ experience working in Adult and Child & Adolescent Mental Health services for the National Health Service (NHS) UK, and for NSW Health, Sydney. In Canberra, Helen worked for a national organisation which utilised the latest knowledge in neuroscience, attachment and research in working therapeutically with children affected by trauma, due to abuse and/ or neglect. Helen is a Clinical member of PACFA (Psychotherapy and Counselling Federation of Australia) and an NDIS provider for NSW.



HELEN MACARTNEY

– COUNSELLOR

BRUCE

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Helen has practised as a counsellor in Canberra since 1993 and as a supervisor since 2003. Helen has worked with a diverse range of individual clients from a client-centred, strengths-based and trauma-informed care approach. Helen’s private practice is now located in the Health Hub on the University of Canberra campus.

JULIA O’BOYLE

– CLINICAL SOCIAL WORKER

TURNER

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Julia provides psychological counselling and support for a range of mental health issues, and feels privileged to have been working as a counsellor and helping people for seventeen years. One of the most rewarding parts of Julia’s job is witnessing her clients’ determination and tenacity to free themselves from problems which have been limiting them, often for many years. Some of the issues Julia commonly helps people with include depression and anxiety, trauma (past and present), adjustment issues, stress, grief and loss, sleep issues and bullying and harassment. Julia uses a range of approaches in her work, including: Cognitive Behavioural Therapy (CBT); Acceptance and Commitment Therapy (ACT); Mindfulness; Trauma Focused Therapy; Motivational Interviewing; and relaxation and stress management techniques.



LISA O'CONNOR

– REGISTERED PSYCHOLOGIST

FYSHWICK

Lisa has completed postgraduate studies in both Australia and the UK including an MSc in Organisational Psychology and a Postgraduate Diploma in Psychology in Gender and Sexual Diversities. Lisa has worked for the past nine years as a crisis counsellor and for the past five years in both private practice and the rehabilitation sector to provide evidence based psychological treatment, medico-legal assessments, EAP counselling and psychological rehabilitation services across the public and private sectors. Lisa's clinical experience and interest is focused in the following areas: Organisational Support, Single Incident and Complex Trauma, Anxiety, Depression and Grief, Relationship Counselling, Gender Dysphoria, Minority Stress, Pain Management, Workplace Injuries, Bullying and Harassment Issues.

SUE READ

– REGISTERED PSYCHOLOGIST

TURNER

Sue is the founder and Director of Life Unlimited Psychology. Sue has been in clinical practice for over 14 years. From a clinical perspective Sue offers evidence based, holistic and practical approaches to assist clients. Sue draws on her extensive science, psychology, health and neuroscience background to explore practical strategies for building resilience and managing client difficulties. Sue's passion for working with people impacted by chronic stress, trauma, grief, illness and disease, was spurred strongly by her own experience of illness that effectively ended her elite sports career. Sue has dedicated her professional life to working with individuals and groups to assist them to manage and positively recover from such life events.

SUE SHERIDAN

– COUNSELLOR AND SUPERVISOR

O’CONNOR

Sue has been working as a counsellor and supervisor for 15 years. Sue supports people to have better lives by working with their strengths and self-understanding to resolve crises and difficulties. Together we set goals and work towards making changes.

GREG YEE

– THERAPIST

KINGSTON

Greg has been a family, individual and relationship therapist since 1990 and over that time have conducted over 14,000 clinical sessions, as a counsellor and clinical supervisor. Over the years, Greg has gained experience in working with couples and individuals affected by a range of issues, including family violence, grief, infidelity, family breakdown, blended families, pornography, trauma, parenting adolescents, sexual abuse, depression and anxiety. Greg has an interest in all of these areas and has not attempted to specialise in any one in particular. However, sometimes therapeutic fate chooses to take one along a path for extra attention and for me fate chose family violence. It would be fair to say that a sensitivity to any misuse of power, whether in couple relationships, parenting or work relationships overlays all of my practice.



LYDIA STANHOPE

– COUNSELLOR, SUPERVISOR & MEDIATOR ERINDALE

Lydia has been living and working in the Canberra community for 30 years. Lydia's specialist areas are relationship and parenting issues, adults who were abused and/or neglected as children and supervision. Lydia has rooms in Erindale, and also travels to meet clients in safe spaces throughout Canberra and the region.

TRISH WALSH

– COUNSELLOR HUGHES

Trish provides counselling and psychotherapy. Trish has a BA Dip Ed in Modern Languages, a Grad Dip in Community Counselling, and a Grad Dip in Applied Psychology. Trish has worked as a counsellor for 30 years, 15 years in the community sector and, since 2002, in private practice. Trish specialises in working with people who present with multiple issues. Trish seeks an understanding of each person in their individuality, collaborating with her clients to unpack their stories, to sort out what they want from the counselling process, then designing and implementing counselling and therapeutic processes for the client to achieve their desired outcomes.

GENNA WARD

– CLINICAL PSYCHOLOGIST

O’CONNOR

I am a heterosexual woman in my early 50’s and I position myself as ally of LGBTIQ people. Around a fifth of my clients are gay, lesbian, HIV positive and/or trans people. I provide supportive counselling and therapy for a wide range of life issues and mental health problems. My background is in sexual assault and domestic violence counselling and I have worked as a University counsellor, in drug and alcohol, and with chronic pain, as well as in general counselling. I have been a psychologist for 22 years and did a Clinical Psychology Masters and Registrar Program in the last six years. The therapies which I am trained in and tend to use most are Acceptance and Commitment Therapy (ACT), Eye Movement Desensitisation Reprocessing, (EMDR), Interpersonal Psychotherapy (IPT) and talk therapy.

The AIDS Action Council aims to make the information and support available as reliable and accurate as possible at the time of printing. The information provided is for personal and/or educational use only and is provided in good faith without any express or implied warranty.

CBR LGBTIQ COMMUNITY CONSORTIUM



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Government
Community Services



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