

**LGBTIQA+ COMPETENT
PSYCHOLOGISTS,
PSYCHOTHERAPISTS
AND COUNSELLORS**

JACK BARNARD

Psychologist - AINSLIE

Jack Barnard is a registered psychologist, and member of the Australian Psychological Society. With 20 years' experience across private practice, EAP consultancy, clinical supervision and school counselling, Jack works with children, adolescents, families, adults, and couples. He specialises in gender diversity and works with clients to explore issues related to gender identity, coming out, gender dysphoria and planning gender transition. Jack assists LGBTIQ+ individuals and couples experiencing relationship issues. He can also provide support for parents and partners of LGBTIQ+ folk.

Outside of work Jack is a deeply spiritual person, active in his local church. He is an accomplished drummer, performing and recording original work in a variety of musical genres

CONTACT

jbarnard345@gmail.com

JULIA BYFORD

Counsellor and Supervisor

Julia provides counselling and supervision for individuals and organisations. She has a demonstrated a long-term commitment to the LGBTIQ+ community, worked for 3 years as counsellor at the Victorian AIDS Council, has conducted extensive research in HIV and identifies as lesbian. Julia uses a broad-based approach that draws on several counselling modalities, primarily Process Experiential Emotion Focussed Therapy (PEEFT) and mindfulness-based approaches. She also uses Eye Movement Desensitisation and Reprocessing (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. Committed to a holistic approach Julia works alongside an herbalist and naturopath. Julia has a PhD and MA Counselling. She is a Clinical member of the Psychotherapy and Counselling Federation of Australia. She is committed to continuous professional development and has regular consultative supervision.

CONTACT

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FRANCES CARLTON

Counsellor and Psychotherapist – WESTON

Frances has been practicing as a narrative therapist for over six years in Sydney and Canberra. Her clients cross gender and sexuality lines while exploring trauma, sexual health (including polyamory and BDSM), couples therapy, and grief and loss. Frances comes at the therapy process with an open and honest heart and includes humour and creativity while building a safe, nurturing environment. She works afternoons and early evening. Frances is a clinical counsellor with the Australian Counselling Association and a member of Aust. Society for Sex Educators, Researchers and Therapists (ASSERT).

CONTACT

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RODNEY COLE

Counsellor – WESTON

Rod 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.

Rod has recently engaged in further training in Schema therapy, couples therapy and EMDR to better support the growing needs of his clients and the community.

Rod is based at Weston and offers after hours and weekend sessions.

CONTACT

0423 682 514

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 is 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.

CONTACT

0402 249 023

RONI RAMIREZ ESQUIVEL

Counsellor – WESTON CREEK

Roni joined the Secret Keeper in 2020 assisting a wide range of clients on topics such as gender identity, sexuality, anxiety, depression, boundary setting and communication. After having completed a Bachelor of Science Psychology at UC and a Masters of Counselling at Monash University, they continue to expand their interests and areas of study. Roni tailors their therapeutic approach to best suit their clients' needs, using a variety of therapeutic approaches such as CBT, person-centred, narrative, mindfulness and Eco psychotherapy. Roni is an ACA registered counsellor who always strives to provide a warm and inclusive environment for all clients.

CONTACT

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Dr. REBECCA FITZPATRICK

Psychologist - GRIFFITH

Rebecca is clinically trained and received her Doctorate in Clinical Psychology at Monash University. She is passionate about supporting LGBTIQ+ individuals and couples to improve their mental health, quality of life and relationships. She adopts a warm, compassionate and holistic approach when working with clients. Rebecca has received comprehensive training in Dialectical Behaviour Therapy (DBT) and CBT. Additionally, Rebecca has undertaken additional training in Emotion-focused Therapy for Couples, Schema Therapy, EMDR, Interpersonal Therapy, Acceptance and Commitment Therapy and Affirming approaches to LGBTIQ+ mental health. Rebecca enjoys working with adolescents, adults and couples. Rebecca works toward positive change using evidence-based therapeutic

interventions across a range of psychological disorders, personalizing treatment to the needs of each client. Rebecca has a particular interest in working with anxiety, depression, generalized anxiety, Panic Disorder, OCD, PTSD, complex PTSD, low self-esteem, interpersonal difficulties and with sexually and gender diverse individuals. She enjoys helping LGBTIQ+ individuals and couples experiencing relationship issues. Rebecca can also provide support for parents and partners of LGBTIQ+ folk. She is a member of AusPATH (Australian Professional Association for Trans Health) and has experience working with gender expansive adolescents and adults, providing assessment in alignment with WPATH guidelines, support, guidance and liaising with other medical and health professionals as necessary.

CONTACT

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JUDY FRITH

Clinical Psychologist – O'Connor

Judy Frith is an Australian-based health professional. Judy is trained as a Clinical Psychologist and has a practice located in O'Connor. She can provide psychological therapy and assessment and treatment for depression, anxiety, trauma, infertility / IVF, gender identity and adjustment.

Consultation is by appointment. Fees apply. Low Income Fees available. Bulk Billing available if under significant financial stress or in receipt of a concession card. Thursday appointments are flexible.

CONTACT

judyfrith.clinpsych@gmail.com // 0418 998 399

LAUREN GOULD

Counsellor – NGUNNAWAL/WESTON CREEK

Lauren is an ACA registered counsellor who received a Bachelor of Counselling at Edith Cowan University in Western Australia and is currently doing her Graduate diploma at the University of Canberra. Lauren works out of Secret Keeper Counselling as well as her own practice.

Lauren works closely with families, parents, relationships and individuals and uses a person centred approach to counselling. Lauren has a strong interest in helping parents educate their children and families on the LGBTIQ+ community. She is constantly striving to be the best counsellor she can by ongoing training, experience and study so that she can always provide the correct, empathetic and considerate counselling she can.

CONTACT

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LISA GRANT

Mental Health Social Worker - DEAKIN

Lisa is an Accredited Mental Health Social Worker who has worked in the community sector for over 27 years and provides counselling for adults and young people, individuals, and couples in: relationships and well-being; sex therapy, pleasure, function, and functional difficulties; sex and gender diversity exploration, affirmation, and support; recovery from abuse and trauma; management of sexually problematic behaviours; management of anxiety, depression, and grief and loss. Lisa works within a person-centred strength based, LGBTIQ friendly framework.

CONTACT

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AILEEN HOWE

Clinical Psychologist - TURNER

Aileen is a Clinical Psychologist with over twenty years' experience working with young people, adults, and couples. She provides psychological support and counselling for a range of mental health concerns and enjoys working collaboratively with her clients to find real solutions to the issues they are experiencing. Aileen utilises in her work are: Cognitive Behavioural Therapy (CBT), Mindfulness Based Emotional Balance, Dialectical Behaviour Therapy (DBT), Eye Movement, Desensitisation and Reprocessing (EMDR), Compassion Based Therapy, Motivational Interviewing, Solutions Focussed Therapy, Hypnosis, and Acceptance and Commitment Therapy (ACT).

CONTACT

02 6248 5138 // info@lifeunlimited.com.au

CATH HUTCHINSON

Psychologist – KINGSTON

Cath is a Registered Psychologist with over 20 years' experience in the provision of psychological services to adults, couples and more recently adolescents. Cath is eclectic in her approach to therapy, believing that a "one size fits all" approach does not necessarily meet the needs of all. Rather, she uses a range of therapeutic models which inform her work. The models which mostly inform her work are Neuroplasticity; Systemic Therapy; Narrative Therapy; Cognitive Behavioural Therapy; Interpersonal Therapy; and Harm Minimisation. Cath's approach is client-centred, with a view to helping people to acquire tools for life.

CONTACT

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JULIA O'BOYLE

Clinical Social Worker - TURNER

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.

CONTACT

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LISA O'CONNOR

Psychologist

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 nine years as a crisis counsellor and for the past seven years in both private practice as well as the corporate and rehabilitation sectors to provide evidence-based psychological treatment, medico-legal assessments, EAP counselling and psychological services across the public and private sectors. Lisa's clinical experience and interest is focused in the following areas: Organizational Support, Single Incident, and Complex Trauma, Anxiety, Depression and Grief, Relationship Counselling, Diverse Gender and Sexuality, Minority Stress, Pain Management, Workplace Injuries, Bullying, and Harassment Issues. Lisa draws from a range of skills

that include a Neuroscientific, Humanistic, and Behaviourist Approaches. These include Mindfulness-Based Stress Reduction (MBSR), Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), EMDR, Prolonged Exposure Therapy, and other culturally safe trauma-informed, and sex-positive evidence-based methods to inform her therapeutic style.

CONTACT

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SUE READ

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.

CONTACT

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MIRIBAI ROSE

Counsellor/Psychotherapist - FARRER

Mirabai is a registered Counsellor and Psychotherapist with PACFA (PACFA Reg. Clinical) and is passionate about working with the LGBTIQ+ community. Mirabai's approach includes holistic and transpersonal counselling, process-oriented psychology, inner dialogue, family constellations, mindfulness and breath-work. She works alongside you as you explore your inner and outer life. Her role is to help you become master of your own body, wellness, thoughts, and emotions. Mirabai provides a nourishing, Creative and safe environment for you to explore, challenge yourself, access your inner healer, gain insight, and strengthen your inner resources and resilience.

CONTACT

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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.

CONTACT

0421 356 414

CJ STEWART

Counsellor and Psychotherapist – WESTON CREEK

CJ is a ACA registered counsellor who completed his master's degree practical experience here at Meridian. CJ currently works at Meridian part time. With a particular interest in counselling techniques which are Autism and neurodivergence sensitive, CJ practices with a person-centred and trauma informed approach. CJ has a background in education and career counselling. However, his skills and interests are focused on supporting clients from the LGBTQIA+ and Disability communities

who may be experiencing major life changes such as pre/post adult diagnoses, new or struggling relationships, gender, sexuality, and career transitions. CJ has a passion for supporting clients in our community and utilises a broad multi-theoretical psychotherapy model and lived experience to ensure his client's needs are met with empathy and understanding. CJ takes morning sessions on Monday and evening sessions on weekdays.

CONTACT

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TRISH WALSH

Counsellor and Supervisor

Trish is a PACFA registered counsellor, clinical supervisor, and mental health practitioner, providing counselling and psychotherapy, and psychological techniques. Trish has worked as a counsellor for more 30 years, 15 years in the community sector and, since 2002, in private practice. She specialises in working with people who present with multiple issues, and frequently with people for whom a single focus is not adequate to meet their needs. 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/or therapeutic processes for the client to achieve their desired outcomes. Trish works in a particularly inclusive way of all relevant aspects of clients' presentations and brings a versatility of approach through knowledge of and experience in many counselling issues and therapeutic techniques.

CONTACT

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GENNA WARD

Clinical Psychologist

Genna is a clinical psychologist with 22 years' experience as a counsellor and psychologist. She has a background in sexual assault and domestic violence counselling in the community sector and has worked as a university counsellor, in alcohol and drug treatment, and with chronic pain, as well as in general counselling. She draws on a range of therapeutic approaches including Acceptance and Commitment Therapy (ACT), Interpersonal Psychotherapy (IPT), talk therapy and Mindfulness. She is also trained in Eye Movement Desensitisation Reprocessing, (EMDR) which is a useful therapy for resolving traumas. Genna identifies herself as an ally to LGBTIQ people and a considerable number of her clients are gay, lesbian, HIV positive and/or trans people.

CONTACT

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