

**LGBTIQ COMMUNITY CONSORTIUM  
AND AIDS ACTION COUNCIL**

# **PSYCHOLOGISTS, PSYCHOTHERAPISTS AND COUNSELLORS**

**LGBTIQ FRIENDLY AND COMPETENT**

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*supporting our communities  
through counselling services*

MAY 2018



**CALL** 6257 2855  
**EMAIL** [counselling@aidsaction.org.au](mailto:counselling@aidsaction.org.au)  
**ADDRESS** Havelock House, 85 Northbourne Avenue,  
(Gould St Entrance) Turner.

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



**ACT**  
Government  
Community Services



# LGBTIQ COMPETENT PSYCHOLOGISTS, PSYCHOTHERAPISTS AND COUNSELLORS

## RODNEY COLE

– COUNSELLOR

AIDS ACTION COUNCIL

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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.

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## TOM SKELTON

– COUNSELLOR

AIDS ACTION COUNCIL

Tom travels weekly from Sydney to Canberra to work as a passionate LGBTIQ and HIV community-focused counsellor at the AIDS Action Council. Tom is available Tuesday-Thursday. 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.



## JOANNE BYRNES

– PSYCHOTHERAPIST

AIDS ACTION COUNCIL

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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.

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## JULIA BYFORD PHD, MA

– COUNSELLING AND HUMAN SERVICES

HACKETT

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Julia provides counselling for individuals and couples. 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 lesbian. Julia uses a broad-based approach that draws on a number of counselling modalities, primarily Process Experiential Emotion Focussed Therapy (PEEFT) and mindfulness-based approaches. She also practices 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 a herbalist and naturopath. Julia has a PhD and MA Counselling. She is a Clinical Member of Canberra Region Branch of Psychotherapy and Counselling Association and of the Psychotherapy and Counselling Federation of Australia. She is committed to continuous professional development and has regular consultative supervision.

### CONTACT

Email [canberraholistic.com.au](mailto:canberraholistic.com.au) // Phone 6166 9818

## MANDY COX B.MIN; M.COUNS

### – CERTIFIED BEREAVEMENT PRACTITIONER DEAKIN

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I am a counsellor, specialising in the area of grief and loss as the result of a range of experiences that emerge throughout our lives, including, but not limited to death. My work in grief began in Darwin, NT in 2006, working for Palliative Care and the Hospice. Moving to Canberra in 2010 I have worked in the area of maternal loss (SIDS and Kids), with victims of crime (Victim Support) and currently work for the ACT Coronial Counselling programme as well as in private practice at Canberra Grief Centre. Loss is a normal part of our human experience but our contexts don't always support or recognise the need to grieve and grow through these changes in our lives. My passion lies in enabling people to transition through the various losses and changes they are faced with in a way that supports their unique journey. (PACFA Registered counsellor 23451)

#### CONTACT

Web [canberragriefcentre.com.au](http://canberragriefcentre.com.au) // Email [mandy@canberragriefcentre.com.au](mailto:mandy@canberragriefcentre.com.au)

Phone 0401 344 577

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## KATE DIGGLE

### – THERAPIST

### KAMBAH

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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.

#### CONTACT

Phone 0402 249 023

## MARIAN DOMINICK

### – MENTAL HEALTH SOCIAL WORKER

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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.

#### CONTACT

Phone 6248 5138 // Email [info@lifeunlimited.com.au](mailto:info@lifeunlimited.com.au)

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## LISA GRANT

### – MENTAL HEALTH SOCIAL WORKER

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Lisa is a Clinical Accredited Mental Health Social Worker who has worked in the community sector for 25 years and provides counselling for adults and young people, individuals and couples in relationships and well-being, sex therapy and well-being, sex and gender diversity, recovery from abuse and trauma, management of sexually problematic behaviours, management of anxiety and depression and grief and loss. Lisa works within a person-centred strengths-based, LGBTIQ friendly framework.

#### CONTACT

Phone 0422 224 87 // Email [lisag.ccr@gmail.com](mailto:lisag.ccr@gmail.com)

## CATH HUTCHINSON

**KINGSTON**

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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 doesn’t 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

Email [cath@bisa.com.au](mailto:cath@bisa.com.au) // Phone 0412 682 044

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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 emphasizes 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.

### CONTACT

[www.karunacentre.com.au](http://www.karunacentre.com.au) // [DavidJones.html](http://DavidJones.html) // 0423 622608

# 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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## HELEN JONES MSc

### COUPLE & FAMILY PSYCHOTHERAPY 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. She 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 she has 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 has a private practice in Kingston ACT and Cooma NSW. She is a Clinical member of PACFA (Psychotherapy and Counselling Federation of Australia) and is an NDIS provider for NSW and ACT.

#### CONTACT

[familytherapy@bigpond.com](mailto:familytherapy@bigpond.com) // [www.helenjones.com.au](http://www.helenjones.com.au) // 0405 925 580

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## 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.

#### CONTACT

1 Hall St, Lyneham (Thursday afternoons/ all day Friday)  
Phone 0417 271 470 // Email [hdmacartney@gmail.com](mailto:hdmacartney@gmail.com)

## 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.

### CONTACT

Phone 6248 5138 // Email [info@lifeunlimited.com.au](mailto:info@lifeunlimited.com.au)



## LISA O'CONNOR

### – REGISTERED PSYCHOLOGIST

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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 six 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: Organizational Support, Single Incident and Complex Trauma, Anxiety, Depression and Grief, Relationship Counselling, Gender Dysphoria, 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 evidence based methods to inform her therapeutic style.

### CONTACT

**Psych Studio 1 5/15 Moore Street, Canberra, ACT 2001**

**Phone 0402 249 404 // Email [psychstudio1@gmail.com](mailto:psychstudio1@gmail.com)**

## SUE READ

– REGISTERED PSYCHOLOGIST

TURNER

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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

Phone 6248 5138 // Email [info@lifeunlimited.com.au](mailto:info@lifeunlimited.com.au)

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## SUE SHERIDAN

– COUNSELLOR AND SUPERVISOR

O'CONNOR

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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

Phone 0421 356 414

## LYDIA STANHOPE

– COUNSELLOR, SUPERVISOR AND MEDIATOR ERINDALE

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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.

### CONTACT

Phone 0450 961 812

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## MOIRA TURNBULL

LYNEHAM

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Moira is a Registered Psychologist with many years clinical experience. She uses a person-centred approach along with evidence-based interventions in her work with clients. Moira enjoys working collaboratively with clients across a range of issues. Currently Moira works at the ANU Counselling Centre as well as maintaining a small private practice.

### CONTACT

Capital Counselling & Coaching Services

2/2 Montford St, North Lyneham // 6257 3869 // Mondays only



## TRISH WALSH

– COUNSELLOR

HUGHES

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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 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

[trishwalsh.com.au](http://trishwalsh.com.au) // [trishwalsh@iimetro.com.au](mailto:trishwalsh@iimetro.com.au) // 0411 257 483

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## GENNA WARD

– CLINICAL PSYCHOLOGIST

O'CONNOR

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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 significant number of her clients are gay, lesbian, HIV positive and/or trans people.

### CONTACT

Phone 0422 108 746



**[aidsaction.org.au](https://aidsaction.org.au)**

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