

Counsellor Profiles – North West Tasmania and King Island

Ann Englund, Tammy Miller, Robyn McKinnon, Jane Oakley-Lohm, Anna De La Rue

Newport and Wildman's counselling services offer Brief and Solution Focused Therapy - as befits the employee assistance field.

Ann Englund

Ann is a qualified Counsellor with an Advanced Diploma in Applied Psychology; she also has a Diploma in Yoga Instruction. Ann has 15 years counselling experience including 9 years critical incident stress management support. She provides general counselling on a range of issues to adults, couples, families adolescents and children. Ann has particular skills/interest in anger management, assertiveness, anxiety, depression, eating disorders, grief and loss, pain management, self esteem and shyness, sleep difficulties, spirituality, stress management as well as music, yoga, meditation and relaxation therapies.

Tammy Miller

Tammy holds a Masters of Education in Counselling. She has worked as a teacher and a counsellor in schools and employee assistance. She has developed particular skills in working with adolescents and parenting issues and favours a number of techniques including CBT, Solution Focused and Schema Therapies.

Robyn McKinnon

Robyn holds a Certificate IV Youth and Community Work, a Certificate IV Workplace Assessment & Training, Post Graduate Certificate & Diploma in Counselling and is currently studying a Masters in Social Work. She has over eight years counselling experience and four years training experience. Robyn's special interests/expertise lay in the areas of trauma, sexual assault, adolescence, professional supervision, consultancy and training. As well as her general counselling experience she utilises Art and Creative therapies.

Jane Oakley-Lohm

Jane's formal qualifications include: Diploma from the Australia Institute of Professional Counsellors; advanced study majors from the Australian Institute of Professional Counsellors in: Abuse; Relationships; Conflict Resolution; Grief and Loss. She is a qualified member with the Australia Counselling Association. Jane is also a qualified mediator through LEADR and holds a practitioner membership through LEADR. She has worked in the non-Government, Government and private sectors with experience in counselling, conflict resolution, team supervision, business management and case management.

King Island

Anna De La Rue

Anna is a registered Psychologist who holds a range of qualifications including: BA Psychology; Grad. Dip. Education Psychology; Primary & Intermediate Certificates in RET Therapy; EMDR Training - APS Accredited; Grad Dip. Clinical Hypnosis; Masters Counselling Psychology. Anna is also a registered nurse and midwife.

Her special interest areas are: Anxiety Disorders, Phobias, Depression, Grief & Bereavement, Relationship Issues, Sexual Dysfunction, Personal Development, Stress Management, Trauma & Critical Incident Management.