

## Counsellor Profiles – Northern Tasmania

Richard Edwards, Wendy Gall, Fiona Girkin, Robyn McKinnon, Jane Oakley-Lohm, Gwynneth Williams

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

### **Richard Edwards**

Richard has a Bachelor of Education and a Masters in Counselling. He also holds certificates in Critical Incident Stress Management (CISM) response. Richard has been counselling for 9 years providing CISM services for 8 years. He offers general counselling to adults, adolescents, children, couples and families with particular interests in anxiety, depression, self-esteem, problem solving, self-empowerment. Richard has worked in the Government and non-Governments sectors, private enterprise and private practice.

### **Wendy Gall**

Wendy is a Registered Psychologist with 17 years counselling experience. She offers general counselling to adults, children, adolescents, couples and families. Wendy has particular skills in child, adolescent and family issues, relationship problems, anxiety, depression, grief/loss, assertiveness skills and self esteem development. Her preferred counselling modality is Cognitive Behaviour Therapy. She has worked in the Government and private enterprise sectors as well as private practice.

### **Fiona Girkin**

Fiona holds a Bachelor of Arts (Psychology) and an Advanced Professional Counselling Diploma – majoring in Relationship Counselling and Conflict Resolution; she is also an accredited Family Dispute Resolution Practitioner. Fiona has five years counselling and training experience and two years experience in mediation. Her special interest areas are working with children and parenting and her expertise covers areas such as: anger management, assertiveness, anxiety, bullying, stress management, violence and abuse, team debriefing, research and training. Fiona's preferred counselling modalities include: CBT, goal setting, changed thinking and relaxation techniques.

### **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.

### **Gwynneth Williams**

Gwynneth's formal qualifications include a diploma of nursing, Post Graduate Psychiatric Nursing and Clinical Tutor. She has 27 years counselling experience and has been providing Critical Incident Stress Management response for 5 years. Her special interests and expertise lie in major mental illness; anxiety including OCD, avoidance/phobia, panic; depression; suicidal ideation; self harm; eating disorders; domestic violence survivors of sexual abuse; CISD grief and loss; anger management. She is also an experienced trainer. Her preferred modalities include CBT; Gestalt, Art, Narrative and Reality Therapies.