

Counsellor Profiles – Southern Tasmania

Liane Anderson, Dave Byrom, Jo Field, Liz Love, Beverley Schiller, Lyn Newitt, Ruth Skrastins

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

Liane Anderson

Liane is a registered Psychologist and holds a Masters of Organisational Psychology. She has had over 12 years counselling and over 10 years training experience. Her special areas of interest are: anxiety, depression, trauma, stress, grief and loss, assertiveness, self-esteem issues and happiness. She has an eclectic counselling style which includes 'mindfulness' training. She has worked in the non-Government and University sectors and in private practice.

Dave Byrom

Dave's professional qualifications include: Bachelor of Social Work; Certificate of Youth Leadership; Certificate IV Workplace Assessment and Training and a Post Graduate Certificate in Emergency Management. He has 20 years counselling and training experience and 12 years in Critical Incident Stress Management (CISM) response. Dave offers general counselling to adults, children, adolescents, couples and families. His wide range of counselling expertise includes the areas of anger management, assertiveness, anxiety, bullying, depression, infertility, HIV/AIDS, post traumatic stress, same sex issues, self harm, sexual difficulties, stress management; violence/abuse. He also has skills and experience in team debrief sessions, professional supervision, organisational development and training (particularly in the areas of CISM/Emergency Management and Business Continuity).

Dave has worked in the Government and non-Government sectors, private enterprise and private practice.

Jo Field

Jo has a Bachelor of Social Work and is a qualified Mental Health Counsellor. She has 33 years counselling experience in the areas of trauma, mental health, employee assistance, management coaching and consulting, outplacement work, rehabilitation, child therapy. Jo offers general counselling for adults, children and families. Her particular interest areas include: assertiveness, communication skills, anxiety, alternative interventions, bullying, depression, grief and loss, leadership development, motivation, self-esteem and shyness, severe/chronic illness, violence/abuse, rehabilitation, meeting facilitation and professional supervision.

Jo is the Secretary of the National Executive of Australasian Critical Incident Stress Association (ACISA). She is an accredited trainer for the Critical Incident Stress Management Foundation of Australia (CISMFA). She has worked in the Government and non-Government sectors, private enterprise and in private practice.

Liz Love

Liz holds a Bachelor of Social Work and Accredited Mental Health Qualifications. She brings 29 years of counselling experience to her work with Newport and Wildman including 12 years experience in Critical Incident Stress Management. Liz offers general counselling to adults, couples and families. Her particular areas of interest/expertise include: assertiveness, anxiety, addictions and gambling, bullying, depression, post traumatic stress, self esteem and shyness, severe/chronic illness, sleep difficulties, stress management and violence/abuse. She is interested in the facilitation of training, particularly in the areas of: stress management/work-life balance; conflict management; sexual harassment and organisational change.

Liz has worked in the Government and non-Government sectors, private enterprise and in private practice.

Beverley Schiller

Beverley is qualified as a Social Worker and is a Registered Psychologist; she has 30 years professional experience.

Beverley's special interests/expertise include: general and specific health (eg: pain, sleep, relaxation, grief, etc.); mental health (eg: anxiety, depression, panic, etc.); personal development (eg: anger, life transition, sexual difficulties, etc.); psychological assessment (career, personality, aptitude, ability, psycho-pathology, work climate) and research. Beverley deals with adolescents, adults and organisations. She has worked in the following sectors: health, vocational rehabilitation, mental health, education, vocational training and market research and in private practice.

Lyn Newitt

Lyn's formal qualifications include: Bachelor of Arts; Diploma of Education; Graduate Diploma in Library & Information Science; Accredited Counsellor Certificate Tasmanian Marriage Guidance Council; Graduate Certificate Mediation (Family); Certificate IV Assessment and Workplace Training. She has 30 years experience in teaching, counselling, mediation, management, research and writing. Lyn provides mediation, conflict resolution, training facilitation and counselling/mediation with couples in her work with Newport and Wildman.

Ruth Skrastins

Ruth is a registered Psychologist, cross cultural counsellor and adult educator with 30 years experience in counselling and group training in Tasmania, South Australia and New South Wales. Her qualifications include a degree in psychology, a diploma

of education and a diploma in clinical hypnotherapy, a post graduate qualification in counselling skills and certificates in assessment and workplace training, in English language training and in business administration.

Ruth is skilled in counselling clients with depression, anxiety, anger, family and relationship issues, grief and loss, pain, workplace and conflict resolution issues and post traumatic stress disorders.

She is an experienced vocational rehabilitation and educational psychologist and conducts initial interviewing, testing, psychological and vocational assessments and counselling and produces written reports with recommendations to address a range of problems.