

Jennifer



“The Cave you fear to enter holds the treasure you seek”. Joseph Campbell

Adv. Dip Psychology; Grad Dip Psych Science; MA International Development; BA Soc Sc; Adv. Dip Transpersonal Counselling.

Jen has worked in private practice and the community sector for over 15 years. Her therapeutic background includes transpersonal counselling, psycho-social development and working with vulnerable and displaced groups using trauma informed psychological interventions.

Jen teaches Sociology and Health Psychology at Deakin University and assists various research projects and professional writing in academic and community development settings. She has assisted on research teams with the Murdoch Children’s Research Institute, and in the community development sector on advisory boards for difficult youth transition and developing the Voice of the Child within service delivery.

Jen integrates various systems of knowledge in her understanding of human behaviour, considering environmental, intergenerational, and social impacts on individual psychology. She uses a holistic and client centred approach in therapy helping clients bring their unique personal story to life and integrate new meaning to heal and thrive beyond painful life experiences.

Her modalities include Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT), life coaching, and Transpersonal Counselling. Jen works more broadly with people 18+, with self-esteem and self-acceptance, relationship difficulties, with the LGBTQIA + community, mid-life transition, menopause, the elderly, and some NDIS clients. Jen administers assessments and writes reports for the Victims of Crime Tribunal (VOCAT). Member APS, AHPRA.