



Psychotherapy and Counselling
Federation of Australia

PACFA Low-Cost Supervision Directory

(updated 11/04/2024)

Please inform the supervisor that you found them on this PACFA resource when you contact them to set up a supervision group. To book, please contact the supervisor directly using the contact details below.

Day sessions are between 9am-5pm and **Evening sessions** (where available) are 5pm+

Full Name	Reg. No.	State	Platforms	Availabilities	Contact details	Specialist Modalities
Alison Hood	22304	NSW	Zoom, Microsoft Teams, Skype	Monday - 9am – 5pm Tuesday - 9am – 5pm Wednesday - 9am – 5pm Thursday - 9am – 5pm Friday - 9am - 5pm	alison.insightworks@gmail.com 0421 818 310 https://alisonhood.com.au/supervision	Trauma-informed Clinical Supervision
Annette Coulter	21325	NSW	Zoom	Monday – 5pm+ Tuesday - 9am - 5pm Wednesday - 9am - 5pm Thursday – 5pm+ Friday – 5pm+ Saturday - 9am – 5pm Sunday - 9am - 5pm	annettecoulter@bigpond.com 0408 822 080 www.artpsychotherapy.com.au	Interactive Drawing Therapy; Child & Family Art Therapy; Art Psychotherapy; Supervision-on-Supervision
Annie Gurton	22719	NSW	Zoom	Tuesday - 9am – 5pm Thursday - 9am - 5pm	therapy@anniegurton.com 0423 632 657	Existential, Imago, Narrative, Solution Focussed, IFS, PC

					www.anniegurton.com	
Carla van Laar	27769	VIC	Zoom, Skype, Microsoft Teams	Thursday - 9am - 5pm Friday - 9am - 5pm Saturday - 9am - 5pm Sunday - 9am - 5pm	https://carlavanlaar.com/supervision /	Creative supervision including arts-based processes and trauma informed, narrative perspectives
Christina Jonkhoff	22504	NSW	Zoom	Tuesday - 9am - 5pm Thursday - 9am - 5pm Friday - 9am - 5pm	www.livingstonescounselling.com.au	Focus on support for therapists who have complex clients (PD) & work with couples - Gottman Institute methods (spec. Betrayal/Affair Recovery), Emotionally Focused Therapy (EFT for Couples)
Deborah Cameron	27788	VIC	Teams, Zoom	Mon –10am- 3pm Tue – 10 am- 5 pm Wed – 10 am- 8.30 pm Thur – 10 am – 3pm Fri – 10am – 6 pm	mind@counsellingtherapy.clinic 0447262130 https://counsellingtherapy.clinic	specialized in providing support and interventions for neurodiverse children and adults with Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, Bipolar Disorder, and other related disorders, fostering their growth and development. Neurodiversity Affirming Therapy embraces the concept of neurodiversity, while CBT focuses on addressing specific symptoms and modifying thoughts and behaviours. Experiential therapy such as movement, music and art therapy provide client's. In addition, Experiential therapies such as movement, music, and art therapy can offer clients alternative ways of accessing and processing their emotions, enhancing self-awareness, promoting personal growth, and supporting overall mental and emotional well-being. These modalities are particularly beneficial for individuals who may struggle with traditional talk therapy or find it challenging to verbalize their feelings and experiences.
Deswyn Ann Bird	20502	NSW	Zoom	Monday - 9am – 5pm Thursday – 5pm+	silverleafcounselling@yahoo.com.au 0408 876 282	Generalist practitioner using various modalities
Dr Kevin Glasheen	21221	QLD	Zoom	Tuesday - 5pm+ Friday - 9am - 5pm	kjglas@bigpond.net.au 0421 909 056	Eclectic with psycho-dynamic basis
Emma Moran-Wall	25564	VIC	Zoom, Skype, Microsoft Teams	Tuesday - 9am – 5pm Wednesday - 9am - 5pm Thursday - 9am – 5pm Friday - 9am - 5pm	emmamw06@gmail.com 0410 468 462	Children and young people, Grief and Loss, Family Violence, Relationships, Attachment Theory, Psychodynamic Theory, Solution-Focused Brief Therapy,

Erica Pitman	20221	NSW	Zoom, Skype, Microsoft Teams	Tuesday - 9am – 5pm Wednesday - 9am – 5pm Thursday - 9am - 5pm	ericapitman@bigpond.com 0409 951 449 https://www.linkedin.com/in/ericapitman-0283aaa8/	Grief, loss, bereavement, end of life, spirituality, chronic illness, carers, cancer, relationships, LGBTQI, radical exposure tapping,
Eva Ardstrom	21976	NSW	Zooms, Teams. In person at Central Coast	Monday - 9am – 5pm Tuesday - 9am – 5pm Wednesday - 9am – 5pm Thursday - 9am – 5pm	eardstrom@gmail.com 0411 498 468 www.relationshiponline.net.au	Reflective practice supervision; Trauma informed; Eclectic/Integrative/Holistic; Systemically informed; Neuroscience informed. Offer individual low-cost supervision for students.
Evelyn Johanna	20799	NSW	Zoom	Tuesday - 9am – 5pm Wednesday – 5pm+ Thursday - 9am - 5pm	evinaj@bigpond.com 0416 068 474	Trauma Informed counselling
Francis Kim	22370	NSW	Zoom	Wednesday - 9am – 5pm Wednesday – 5pm+ Thursday – 5pm+ Thursday - 9am - 5pm Friday - 9am – 5pm	info@counsellinginteractive.com.au 0402 483 677 counsellinginteractive.com.au	Person Centred Model

				Saturday - 9am - 5pm Saturday – 5pm+		
Heather Bunting	22302	VIC	Zoom	Monday – 5pm+ Wednesday - 9am - 5pm Saturday - 9am - 5pm	heatherjbunting@gmail.com 0421 908 424 www.possibilitiesforchange.com.au	Person-centred with experience in a range of modalities
Ian Parkin	21952	NSW	Zoom, In person	Monday - 9am – 9.30pm Tuesday - 9am – 9.30pm Wednesday- 9am – 9.30pm Thursday - 9am – 9.30 pm	0434 355 446 www.purposeforlife.com.au	Acceptance Commitment Therapy, Brief therapy, Christian counselling, Cognitive therapy, Cognitive-Behavioural Therapy, Couples therapy, Emotion-Focussed Therapy, Existential psychotherapy, Family therapy, Gestalt therapy, Integrative therapy, Mindfulness-based therapies, Motivational interviewing, Narrative therapy, Person-centred counselling, Psycho-education, Psychodynamic psychotherapy, Solution-focused therapy, Systemic therapy
Jacquie Wise	20540	VIC	Zoom, Skype, Microsoft Teams	Monday – 5pm+ Tuesday – 5pm+ Friday - 9am - 5pm Saturday - 9am – 5pm Sunday - 9am - 5pm	jacquiewise@wiseways.com.au 0439 969 081 www.wiseways.com.au	Integrative or Pluralistic approach (therapies listed on my website) and trauma-informed
Jean Gamble	21634	NSW	Zoom, Skype, WhatsApp	Tuesday - 5am – 4.30 pm Wednesday- 5am – 4.30pm Friday - 5am – 12 pm Saturday - 6am – 12 pm	jean@jeangamble.com.au 0412396917 https://www.jeangamble.com/	Somatic (Body Oriented) Psychotherapy, Psychodynamic Practice Energetic healing, Relationship/Family Counselling Attachment Theory/Infant Observation
Jenny Perchman	22758	NSW	Zoom	Monday - 9am – 5pm Tuesday - 9am – 5pm Tuesday – 5pm+ Friday - 9am - 5pm	enquiries@jennycounselling.com 0409 839 383	Relationship Counselling
Jenny Podorozhnaya	24259	SA	Zoom, Skype, Microsoft Teams	Monday - 9am - 5pm	Jenny.p@positivefutureself.com.au 0437 800 733 www.positivefutureself.com.au	EMDR

Joanne Byrnes	22535	NSW	Zoom, Face Time		joannebyrnes@me.com 0413952246	Gestalt therapy, trauma informed, ACT, CBT, Grief and loss.
Jude Piercey	20432	NSW	Zoom, Skype, Facetime	Wednesday – 5pm+ Friday - 9am - 5pm	Judepiercey@hotmail.com 0413 351 486	Psychodynamic
Katinka Pal-Zimny	21723	VIC	Zoom	Monday – 5pm+ Tuesday – 5pm+ Friday - 9am - 5pm Sunday – 5pm+	katinkapalzimny@gmail.com 0433 975 928 calmcounsellingonline.com	Family Therapy. Reflective Supervision
Kim Billington	23240	VIC	Zoom	Monday – Fri 9am - 5pm Monday – Friday – 5pm+ (Group supervision Mon & Tue 6.30-8pm)	counsellingconversations@gmail.com 0488 284 023 https://www.kimbillington.com.au	CFT, ACT, Narrative Therapy, Somatic Focusing and Existential Therapy
Kim Michelle Hansen	23725	NSW	Zoom, CoViu	Monday – 5pm+ Monday - 9am - 5pm Thursday – 5pm+ Thursday - 9am - 5pm Friday - 9am - 5pm	mindkeys101@gmail.com 0412 606 727 www.mindkeys.com.au	Applied Neuroscience, Clinical Hypnotherapy
Kylie Lepri	21675	NSW	Zoom	Monday - 9am - 5pm Tuesday - 9am - 5pm Thursday - 9am – 5pm	kylie@kylielepri.com.au 0404 032 636 www.kylielepri.com.au	Level 3 Gottman trained

				Friday - 9am - 5pm		
Kylie Turner	21642	QLD	Zoom, CoViu	Monday – 5pm+ Tuesday – 5pm+ Wednesday – 5pm+ Thursday – 5pm+ Friday – 5pm+ Saturday - 9am - 5pm Sunday - 9am - 5pm	restorativeclinicalsupervision@gmail.com 0417 075 551	Restorative clinical supervision - Heal the Healer - through meditation & mindfulness; self-compassion; stress management; practical exercises for home, work or anywhere; tuning into your own needs; nourishing rituals; over 16 years experience in the Counselling & Psychotherapy sector; Clinical Hypnotherapy & Ericksonian Psychotherapy; Winner of multiple Business Achiever Awards 2008, 2009, 2010 & New Business of the Year 2010.
Lana Sciberras	21567	VIC	Zoom, Skype, Whereby	Monday - 9am – 5pm Tuesday - 9am - 5pm Wednesday – 5pm+	lanasciberras@yahoo.com 0411 421 108	Gestalt Therapy, Process-oriented Psychology (Processwork), Mindfulness-Based Cognitive Therapy, Mindful Self-Compassion, Compassion Focused Therapy, Acceptance & Commitment Therapy, DBT
Lars Andersson	21665	QLD	Zoom, Skype, FaceTime, WhatsApp	Monday - 9am - 5pm Tuesday - 9am - 5pm Thursday - 9am - 5pm Friday - 9am - 5pm	awarinet@intawa.com.au (07) 3716 0600 https://www.intawa.com.au/counselling-supervision/clinical-supervision/	My foundational training is in Gestalt Therapy, but since I have now been in private practice for 30 years and along the way continued learning new approaches and modalities, the best description of my work would probably be eclectic.
Lisa Menzel	21632	VIC	Zoom, Skype, Microsoft Teams	Monday – 5pm+ Tuesday – 5pm+ Wednesday – 5pm+ Friday - 9am - 5pm Saturday - 9am - 5pm	wellwithincounselling@bigpond.com 0413 001 855 wellwithincounselling.com.au	Anxiety, depression, grief/loss, change/transition, trauma, relationships, parenting, childhood development, adolescence, workplace relationships, dispute resolution
Matti Lee	21644	NSW	Zoom, Skype, CoViu	Monday - 9am - 5pm Monday – 5pm+ Tuesday - 9am - 5pm Tuesday – 5pm+ Thursday - 9am – 5pm Thursday – 5pm+ Saturday - 9am - 5pm	matti@innerhealth.net.au 0400 272 940 www.innerhealth.net.au	CBT, EMDR, Solution Focus, Person Centred, Crisis and Trauma Focus, Relationship Focus.
Maxine Rosenfield	20200	NSW	Zoom	Monday – 5pm+ Monday - 9am – 5pm Tuesday - 9am - 5pm Tuesday – 5pm+	max0414814861@gmail.com 0414 814 861	Online and phone specialist, use range of modalities adapted to these media

Merle Conyer	22224	NSW	Zoom	Monday - 9am - 5pm Monday – 5pm+ Thursday – 5pm+ Thursday - 9am - 5pm	mconyer@protonmail.com 0417 285 627 www.goodtherapy.com.au/merle_conyer	Trauma-informed practice, Somatic psychotherapy, Narrative therapy and community work, Focusing, Ecological psychotherapy, Energetic healing
Miriam Holder	22140	NSW	Zoom	Wednesday - 9am – 5pm Friday - 9am - 5pm	holder05@bigpond.net.au 0419 468 072 www.bluehealer.net.au	Existential phenomenological focus
Nicola Lock	20259	NSW	Zoom, Skype, Microsoft Teams	Tuesday - 9am - 5pm Wednesday - 9am - 5pm Thursday - 9am - 5pm	nicky.lock@cottagecounselling.org.au 0415 312 557 https://ccaa.net.au/practitioner/200338-173/	Emotionally Focused therapy; cross professional supervision; integration of spirituality and practice
Robyn Miller	20757	VIC	Zoom, Skype	Tuesday - 9am - 5pm Tuesday – 5pm+ Wednesday - 9am - 5pm Wednesday – 5pm+ Saturday - 9am - 5pm	robyn@listentohear.com.au 03 9571 4840 www.listentohear.com.au	Family Therapy; Psychodynamic Psychotherapy; Emotionally Focused Therapy; Mindfulness-Based Cognitive Therapy and Stress Reduction Programme
Paul McQuillan	21993	QLD	Zoom	Monday- 10am -5pm Tuesday- 10am -4pm Friday- 10am-4pm	Email: paul@lifechange.net.au Web: www.lifechange.net.au Mobile 0408 749 749	Logotherapy – in the tradition of Viktor Frankl
Sally Pamberger	21651	WA	Zoom (preferred), Skype, FaceTime	Monday - 9am - 5pm Tuesday – 5pm+ Wednesday - 5pm Thursday – 5pm+	sally@pamberger.com.au 0424 382 557 www.pamberger.com.au	Mindfulness based and interpersonal therapies
Sarah Forman	22246	QLD	Zoom, Power diary	Tuesday – 5pm+ Wednesday – 5pm+ Thursday – 5pm+ Friday - 9am - 5pm, Friday – 5pm+	sarahforman33@gmail.com 0432 023 222 https://goldcoastpsychologists.com/sarah-forman-counsellor/	Relationship counselling, parenting and families, individuals, trauma- informed, compassion focused therapy.
Trudy Clutterbok	6919	VIC	Zoom	Monday - 9am - 5pm Tuesday - 9am – 5pm Wednesday - 9am - 5pm Thursday - 9am - 5pm Friday - 9am - 5pm	Tclutterbok@gmail.com 0439 220 123 www.goodtherapy.com.au/trudy_clutterbok	Psychoanalytic

Violeta Stolevska	20318	VIC	Zoom	Monday – 5pm+ Tuesday – 5pm+ Thursday – 5pm+ Friday – 5pm+ Saturday - 9am - 5pm Saturday – 5pm+ Sunday - 9am – 5pm	violetastolevska@hotmail.com 0491 611 503 www.stolevskarelationshipcounseling.com.au	Violeta's clinical practice with clients combines elements of Psychodynamic, Systemic, Cognitive Behavioural and Emotion Focused Therapy.
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