

AUTUMN NEWSLETTER

Message from the Director

Dear Clients and Collaborators,

Thank you for taking the time to review our newsletter and see the work we have been doing. We continue to grow and review how to ensure we do not lose quality of work as we do so.

In light of concerns for the proposed changes to the National Disability Insurance Scheme (NDIS), I have taken the time to meet with a team member of the Honourable Melisa McIntosh MP and prepare a submission to community affairs in relation to concerns regarding the amendment to the NDIS. In this letter I have outlined concerns relating to access to the scheme for those who cannot afford expensive assessments, concerns in relation to increased risks and use of crisis services, as well as inaccessible supports when funded by other bodies with less disability specific support options.

In addition to this, I wanted to share a few updates from Budding Resilience Therapies, as it's been a busy and productive period for our team. Over recent months, we've continued to grow and expand our knowledge base, including completing training in Dialectical Behaviour Therapy (DBT) with Alex from Mindful Recovery Services. This has strengthened our capacity to support individuals with more complex presentations. We have found it very useful to assist in managing emotional dysregulation and plan for distressed periods with our complex cohort.

We have been focusing on our values, particularly collaboration and continuous learning, with particular focus on forensic work and child-focused practice. Alongside this, we recently held a staff reflection day, which provided valuable space for our team to reflect, connect, and continue building best practice approaches across our services.

In addition, we've made some exciting updates to our physical space, including improvements to our office and the creation of a dedicated children's room. We've also invested in new paid therapeutic resources to further enhance the quality of support we provide.

We're pleased to share that we currently have capacity to accept referrals, particularly for children and forensic support.

As always, we appreciate your ongoing collaboration and the opportunity to work alongside you in supporting our clients.



Announcements



New Episode
of System
Error

Episode 10. Male Survivors

Link to
podcast
here:



Budding Resilience Therapies is also
excited to announce a new logo!



BUDDING RESILIENCE THERAPIES



Staff Connection Day

This year, our staff connection day was focused on nourishing ourselves, recognising that the care we provide to others begins with how we support our own wellbeing.

Stronger together, grounded in purposes, and committed to best outcomes.



Services we Offer:

Positive Behaviour Support

Specialist Positive Behaviour Support under the NDIS, including comprehensive assessments and behaviour support plans tailored to individual needs and environments.

Counselling & Therapeutic Support

Counselling and therapeutic intervention supporting emotional wellbeing, personal growth, and practical strategies to navigate complex experiences and life challenges.

Social Work Services

Professional social work services focused on advocacy, assessment, and coordinated support to strengthen wellbeing, safety, and long-term stability.

Trauma-Informed Support

Trauma-informed support that recognises lived experience, promotes safety, and builds practical strategies for recovery, resilience, and personal empowerment.

Clinical Supervision

Reflective clinical supervision supporting practitioners to strengthen professional practice, navigate complex situations, and build confidence through guided reflection.

Consultation & Professional Training

Professional consultation and training for organisations and support teams focused on strengthening knowledge, improving practice, and supporting sustainable outcomes.

Telegraphing

Telegraphing means signalling boundaries ahead of time, being open and honest with intentions and communicating expectations to empower choice.



Panel 1: Ann finds it hard to express her needs. "I'm lonely. Stay with me?" She might seem rude when she tries. "Do this for me." George has limited time. He Telegraphs this boundary by counting down. "I have 2 minutes left", "I can stay for 5 more minutes", "I can stay for 10 minutes, but then I need to go."

Panel 2: Beth asks two of her supports for help with a task. She is offered choices. "I can help you after 2pm or tomorrow morning." Michael Telegraphs options for future support. "I can assist you, but I'll need you to help me." Sarah Telegraphs an expectation.

Panel 3: It's hard to ask for help when overwhelmed. Ian might swear to Telegraph his feelings. "I'm too overwhelmed & need space." "It's your fault that I'm angry! !#@" Ian's support worker Telegraphs the consequences of using aggression. "Remember, if I feel unsafe, I need to end my shift."

Behaviour Support vs Therapy

	Behaviour Support	Therapy
Focus	Behaviour change, functional analysis, support systems.	Mental health, thoughts, feelings, individual experiences.
Approach	Team-based, written plans, proactive and reactive strategies.	One-on-one, therapeutic techniques, individual focus.
Goal	Improve quality of life through behaviour change.	Improve mental health and emotional wellbeing.
Intervention	Practical strategies, skill-building, environmental adjustments.	Talking therapies, assessments, addressing underlying emotional issues.

PSYCHOLOGY



BEHAVIOUR SUPPORT



Full article on the differences between behaviour support and therapy:

<https://therapynearme.com.au/mental-health-blog/f/psychology-vs-behaviour-support-which-one-do-i-need/>

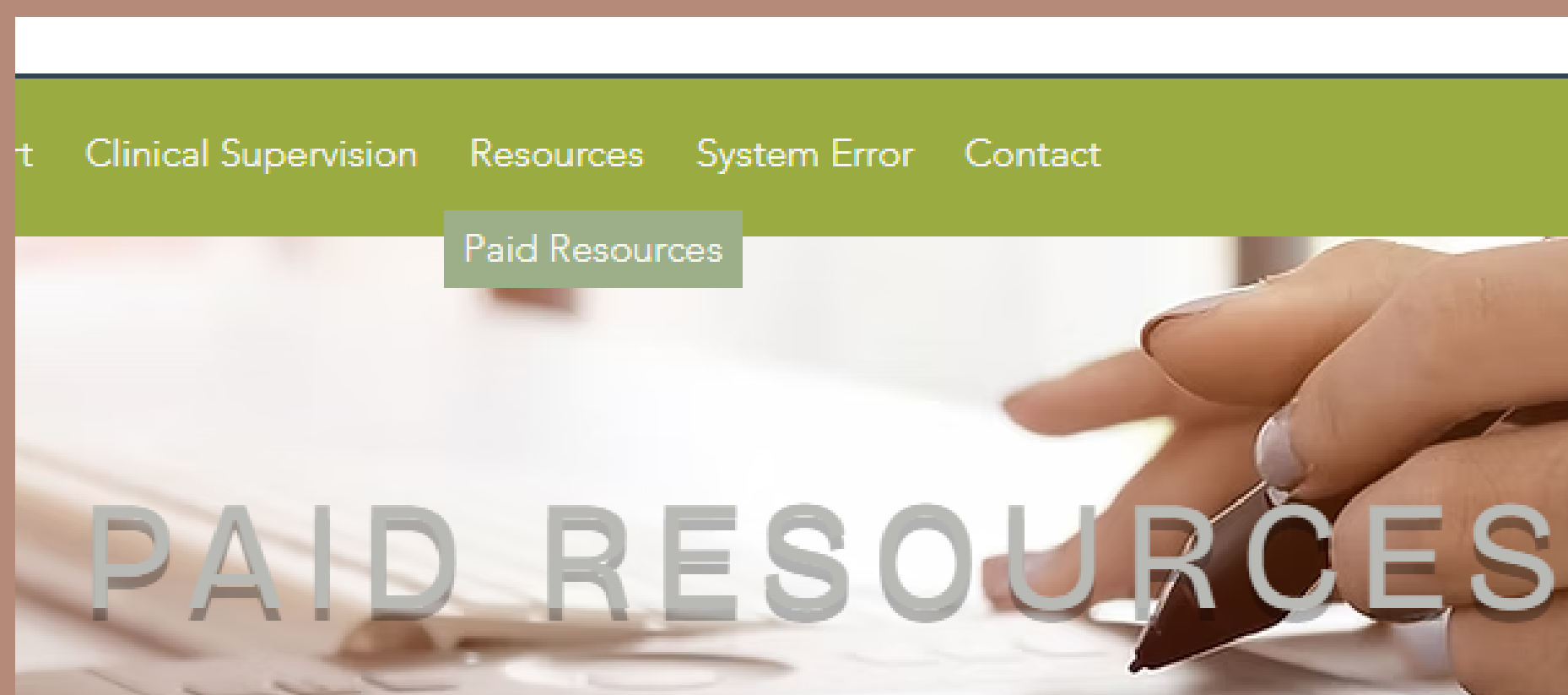
Budding Resilience Therapies also offers resources that can be purchased on the website

These resources include:

- Introduction to attachment therapy online training
- Tools to assist vulnerable clients to stay safer from domestic and sexual violence
- Anger Iceberg worksheets (including colouring in!)



You can find these resources in the 'Paid Resources' tab



Meet the Team

Evanthea Magnisallis

Director, Senior Trauma Clinician and
Specialist Behaviour Support Practitioner



A curious, thoughtful and humorous practitioner, who is comfortable sitting with clients in uncomfortable spaces.

Clare Georges

General Manager & Senior
Complex Comorbidity Clinician



A passionate and dynamic social worker, specialising in family therapy, trauma recovery, mood disorders, and compulsive behaviours.

Jessie Heng

Therapist and Senior Behaviour
Support Practitioner



Jessie uses a trauma informed approach and has a calm, sincere nature, which makes engagement with her more relaxed.

Rowan Forster

Psychotherapist and Behaviour
Support Practitioner



A person centred practitioner, guided by lived experience. Rowan approaches his supports with curiosity, respect, as well as trauma informed and strengths based approach.

Sonas Ferrier

Psychotherapist and Behaviour
Support Practitioner



Sonas is a creative, warm, and welcoming practitioner, who loves supporting children and young people.

Kimberly Gomez

Therapist and Behaviour
Support Practitioner



A holistic therapist with a passion for supporting those living with disability, complex health needs, grief and loss, and working with diversity. Kim seeks to work with her clients to empower them.

Meet the Team

Carla Ferrer

Therapist and Behaviour
Support Practitioner



Carla believes every individual is unique and thus, so are their goals. Carla's work focuses on trauma recovery, person-centred support and complex mental health needs.

Mega Tokhman

Therapist and Behaviour
Support Practitioner



Mega has a holistic and eclectic approach to practise, drawing from various models. She believes the mind, body, and spirit connection strongly influences wellbeing.

Chantal King

Social worker and Behaviour
Support Practitioner



Chantal is a compassionate and dedicated social worker and Behaviour Support Practitioner with a strong focus on trauma-informed and strengths-based practice.

Jane Stadermann

Therapist and Behaviour
Support Practitioner



Jane is a holistic and collaborative practitioner who values each client's individuality, tailoring her approach to support diverse communication styles and needs.



Stay Connected!



Our Website



Director's LinkedIn



Our Facebook

