

## **Simonette Vaja's Professional Curriculum Vitae**

previously Simonette Gow

**Registered psychologist and clinical hypnotherapist**

**Register Medicare provider: with professional indemnity**

### **Qualifications:**

year awarded	Title
1986	Bachelor of Arts degree with a double major in Psychology Swinburne University of Technology Melbourne
1988	Master of Arts degree in psychology Sydney University
1991	Post Graduate Diploma of Clinical Hypnosis - 2 years accredited by the Australian Society of Hypnosis, (ASH) and Australian Psychological Society.
1992	Certificate of Advanced treatment in E.M.D.R. , Dr. Shapiro USA
1992	Certificate in assessment and treatment of bulimic eating disorder. Northside clinic, Greenwich
1992	Certificate of completion 2 day "Critical Incident Debriefing" for professional psychologists Australian Psychological Society accreditation

### **Professional Membership**

- 1991 Registered psychologist N.S.W. PS0006904
- 1993 Member of the Australian Psychological Society
- 1993 Member of the Australian Society of Hypnosis
- 2003 Medicare Provider number 2818941L

## **WORK EXPERIENCE IN OHS AND REHABILITATION SETTINGS**

### **Resolutions Health Management - 1995-1998**

Ms. Joanne Oates - Occupational health and Safety officer

Contracted rehabilitation providers: I was employed as a specialist consultant. Conducting my case load at RHS offices in Glebe and some home visits. My case load involved assessment and treatment for workers comp' return to work, psychological type, chronic pain and work related stress. Clinical treatment for Anxiety and work related stress, pain management and adjustment issues post injury. Work conflict and interpersonal skills training.

Industries represented from: Ambulance, Train drivers, Bank employees and general office workers

### **WORK EXPERIENCE EAP & Critical Incident**

#### **Industrial Program Service: Sydney CBD 1995-1997**

Senior psychologist Mr. Jim Jupp

Employee assistance programs 1995 - 1997

I was employed two days per week as an EAP psychologist - based in CBD and some work-place critical incident debriefing work.

EAP provider my case load included, assessment and treatment of employees from a wide range of industries and presenting issues. In particular critical incident debriefing, bank holdups. Post traumatic stress treatments [compensation claims]. General psychology, family, marital counseling, workplace discrimination.

#### **Qantas (QFC) - 1997**

Ms. Sandra Taylor - Human Resource Manager

I was contracted for two days per week as a rehabilitation and work-place conflict psychologist. Multi-cultural environment

Rehabilitation, stress management consultant, integration back to the work place, conflict resolution - (32 Countries represented in the workplace)

1977 - Qantas flight catering: Rehabilitation consultant

#### **PPC Worldwide health services 2009 - 2010**

Ms. Imelda Healy - Principle Psychologist

I worked as a contractor over a part-time permanent position:

Six month placement: Senior psychologist

## **MY PRIVATE PRACTICE - CONSULTING AND TRAINING**

### **WITH OVER 10 YEARS EXPERIENCE IN FACILITATING COMMUNITY GROUPS**

#### **Wild at heart: creativity and self expression groups 1995-2005**

Nature Care College 2000 - 2005 I had a five year contract to teach and co-ordinate my facilitator-small groups course. Over 300 students completed the program

Facilitator training program - for allied health professionals

I developed, wrote and produced a facilitator teacher training program and comprehensive facilitator manual based on my creativity and self expression groups. I taught this successful program to students attending Nature Care College, which is located at St. Leonards NSW. There are 4 modules conducted over four terms. Taking a minimum of 12 months to complete - over 300 students participated

#### **2000 onwards Nursing homes (aged care nurses) Turramurra**

Meditation facilitator trainer : Professional development days for allied health providers and registered nurses: aged care residential.

I run a four hour training in the practices of guided visualisation, and meditation techniques appropriate for this client population:

**2000 Mind-Body-Spirit Festival** at Darling Harbour Exhibition Hall - Presented a double workshop "Wise self connections: Sacred Journey's" an experiential workshop for 83 participants.

**2001 MC** for Mind-Body-Spirit Festival performance stage

**2002 Art Gallery** of NSW - Buddhism exhibition, Celebrity Talks guided meditation in the Wisdom room 170 participants

## **CONSULTING PSYCHOLOGIST PRIVATE PRACTICE**

### **General Psychological Practice since 1991**

I am a solution focussed psychotherapist and clinical hypno-therapist for a wide range of presenting issues, to a diverse client type. Most of my clients consult for a minimum of 6 sessions with some longer term clients. I have a 50-50 ratio of Men and Women with an average age range from 23-60 years of age. My clients come from all works of life, such as plumbers, through to corporate executive, mothers to court judges. Therefore the range of issues I deal with varies from early childhood trauma therapy, to car accident post-traumatic stress, marital counselling, life transition, career choices, personality disturbances, sleeping difficulties, anxiety, depression management and general life style issues.

**Current 2010 Locations: St. James Trust Building, CBD Sydney**

**Avalon Wholistic Medical and Dental Centre: Avalon**

registered with Medicare as a Allied Health Care provider

## **Group Facilitator since 1995**

I have many years experience conducted creativity and meditation groups for women and men. These groups consist of up to 10 participants and are conducted weekly. Telling your story through the creative arts, and experiential workshop to access inner strength, improve relationships and connect with like hearted people. I also conducted weekend retreats as part of this growing network called "wild at heart:creativity and self expressions groups". Ongoing feedback (testimonials) from participants and personal research has all helped the course to evolve into it's current form. It is from these popular courses that I developed the facilitator training course for health professionals to run their own small groups.

## **2009 Currently - eco creativity and gift to give**

The focus has shifted from personal development to outward activities: compassionate ecology- giving and doing. The new facilitator training focusses on the interconnection of all things-social ecology, meditative practices, positive psychology and evidenced based therapies. Eco-creativity classes, will still use all of the creative arts processes and meditation practices, to encourage people to find their "gift to give" encouraging people to connect and contribute to local support-networks

## **2009 Guided Meditation CD's DVD's and Website Internet experience**

I have produced a large range of guided meditation and self development CD's and DVD' s. These products are distributed throughout Australia, UK, USA, Canada and Europe through Brumby Books and Music distributors and New World Music Australia. For the past 10 years at least two of my CD's are rated on the top 10 best selling for their division.

These CD's are beneficial for clients to use at home to support any face to face therapy they may be having. My training in clinical hypnosis with the Australian Hypnosis Society and my own practices of meditation have influenced the content of these products. They are relaxing and inspiring to the listener.

Topics include: Anxiety free, Sacred Grief, Relationship Enhancement, Pain Free, Sleep easy, Mother Nurture her. For further information website-online shop [www.lovinglifestrategies.com](http://www.lovinglifestrategies.com)

## **CORPORATE PRESENTATIONS - Contracted by the following companies**

The following are Corporate Training programs that I have designed and presented in the areas of Stress management, Relaxation, Communication, Dealing with difficult people, the use of creative visualisation for increasing creativity and improving Self esteem.

Corporate Health Services: Milson Point NSW

John MacMannus, Consulting psychologist

Self esteem in the workplace, training for Human Resource personnel - 25 participants

Westpac Banking Corporation - Maryanne Steadman - Human Resource

Self esteem in the workplace, 12 human resource personnel participants

Relaxation weekend - Karuna lodge in the Blue Mountains 1995

Relaxation trainer and facilitator - 70 participants

South Pacific Private Hospital - Leisa Johnson, Hospital Manager

Presentation of a three hour workshop on Stress, relaxation and meditation. Inner Sanctuary Series - 25 participants, clients and hospital staff

Cremorne Medical Centre - Dr. Tony Andrew

Public seminar Stress and Relaxation - 50 participants

1997 - MBF Corporate Health management - Virginia Fuge-Smith Manager

1. Kmart - Ms. June McNaughton, Human Resource:
2. A one day seminar "Stress, Relaxation Communication & Time" 18 participants

Alcon Australia - Mr. David Rath MD

Stress and Relaxation presentation with 40 participants and Balancing personal and professional goals: 35 participants

Monpro Australia Finance - Ms. Sue Price - Managing Director

Building quality relationships - 12 participants

Herbs of Gold Australia - Ms Kate Fisher - Managing Director

Building positive outcomes, attended by 9 members of the sales team

Zenith Media College - Ms June Kiotka - principal

How to deal with difficult clients - Conflict resolutions skills training - 7 participants

Australian Business Women's Network - Ms Suzy Daphni, Hyatt Hotel: Guest speaker: Topic "Bringing the Wild Woman to the Workplace". 90 participants

Colonial Insurance Centre: Women's Network

Communication seminar - 30 participants

1997 - Equals Interact - Telstra network

Relaxation techniques - Meditation and chanting 25 participants

Telstra Australia - Women's Network

Relaxation and meditation Seminar - 30 participants

South Pacific Private Hospital - Jackie Fury, Hospital Manager-Psychotherapist

Presentation of a three hour workshop on Stress, relaxation & meditation. Inner Sanctuary Series - to out patients, clients & hospital employees

IT People: North Sydney a recruitment agency for the IT industry

Taking care of your-self in leadership positions

2000 - Qantas in-flight entertainment - Relaxation channel Q

Presenting a two hour series of guided relaxation methods on audio. Available across all international and domestic Qantas flights

2001 - Corporate Leadership

11 day intensive "The Kimberley Challenge" Darwin

Leadership skills developed through intensive (experiential) outward bound leadership activities - Assistant course facilitator

2001 - RSVP on-line dating service

Consulting Psychologist and media representative for commentary about Singles, relationships and RSVP's on-line dating service. RSVP.com.au. see Media coverage working for PR company Balmain

2001 Australian Private Capital

Guest presenter: Stress management and building positive relationships - Melbourne

2002 Art Gallery of NSW

Buddhism exhibition. Celebrity Talks: Presentation on the influence of Buddhism in psychotherapy and the experience of guided meditation

2002 Boston Consulting group - Sydney and Melbourne offices

1. Creativity and stress management
2. Managing difficult people in the workplace
3. Confidence and productivity

4 hour presentations to 30 support staff conducted at Sydney office and Melbourne office

2009 Bethany College: Teachers development day

presented an experiential class to 15 participants: Women in the workplace managing often competing roles with awareness and grace.

## **EVIDENCE BASED PSYCHO-THERAPIES**

Additional Courses that I have completed Post Graduate - grouped by speciality.

Life Line Telephone counselling

Training and 12 months work experience telephone counselling shift

Marriage Guidance Council  
completed the COUPLE THERAPY training in the Milan Systemic approach

1992 Smokenders

Training in presentation skills and theory for Quit smoking courses. I worked as a facilitator for 12 months presenting to community groups at RSL clubs and also to Corporate clientsgroups Size 20-45 participants over a seven week program

1991-1992 Macquarie University, Unit for Rehabilitation studies - Disabilities school of Education Training techniques for community living programs:

Supervisor Ms Cecilia Gray

1992 Parenting effectiveness courses P.S.P manual

1991-993 Post graduate diploma in Clinical Hypnosis

Two Year post graduate training conducted by the Australian Society of Hypnosis

1992 E.M.D.R. Advanced Certified practitioner training in the Eye Movement desensitization and reprocessing with Dr. Francine Shapiro.

## **Professional workshops attended**

World Congress of Cognitive Therapy held at the University of Toronto Canada

1. 1992 Cognitive therapy for individuals - Dr. Don Meichenbaum
2. Dr Aaron Beck: Cognitive Emotional Therapy for Depression
3. Rational Emotive Therapy - Dr. Albert Ellis
4. Cognitive Therapy for Couples - Dr. Judy Beck

1992 -1996 Personal in depth psychotherapy - weekly sessions for four years with Dr. Eng.Kong Tan Psychiatrist director Meta Clinic Pymble

(Self psychotherapy and Buddhist practices)

## **Anxiety related treatments**

Advanced techniques in Trancework - conducted by Michael Yapko USA president of the Ericksonian Institute in L.A.

Post traumatic stress symposium - 2 day attendance conducted by the Australian Psychological Society, counselling board. certificate in Critical incident debriefing

Dieting Disorders: 1 day training for professionals working with- assessment and treatment of anorexia and bulimia at Northside Therapy Clinic and Lynton Private Hospital

Emotions - Dr. Simon Crow Latrobe University A one day seminar for Health professionals

## **Depression related treatments**

1995 Memories of Abuse - constructive strategies for a confusing issue. Held by the Milton Erickson Institute of Western Australia a 2 day intensive update on theory and current legal and psychotherapy issues.

1996 Wisdom and Compassion Conference "Buddhism and Psychotherapy"

1997 "Reflections of Hypnosis and Mind-Body Healing". 26th Congress of the Australian Society of Hypnosis (Fraiser Island)

Workshops attended:

1997 1. New Approaches to the Ideo-Dynamics of Hypnotherapy work - Dr. Ernest Rossi USA

2. Breaking the patterns of Depression - Dr. Yapko USA

2009 Acceptance Commitment Therapy 1 day PD points training with John P. Forsyth PhD University at Albany, Suny, New York. Presented Sydney.

## **Self Development and Meditation Programs I have studied**

1996 Discovery for teenagers

Acting team leader and facilitator of 10 day residential for teenagers. Discovery incorporates outward bound activities and N.L.P. techniques of accelerated learning and personal and interpersonal skills development

1998 High Challenge - An experiential outward bound weekend, overcoming fear.

1998 Qualified Hang-glider

Business Plus

Money and You is a four day experiential training for expanding business potential

Meditation TM: Maharishi Shidi advanced meditation practices.

regular practice of meditation

Zen Buddhism - the practice of meditation in everyday life -

Mr. Geoff Dawson MAPs.S

2000 Shidda Yoga - Dulwich Hill - regular meditation and spiritual study

## **Professional Media presenter**

10 years experience on prime time television and related media presenter and Television presenter.(in the 80's) prior to registering as a psychologist

1999 Training to Train - 5 month course in presentation skills

by Stephanie Burns PhD

2000-2005 Television appearances on health & lifestyle shows - topic of meditation, introducing my guided meditation CD's. Dating and singles issues, self confidence and stress management. Guest psychologist on Mind-body-soul series.

2004 Australian Idol - behind the scenes psychologist - stress management techniques, group and individual sessions

## **SCIENTIFIC CONFERENCES: presentations and papers**

1997 The use of hypnosis for healing a person with a paralyses of the leg. A case study Scientific program "Reflections of Body Mind and Hypnosis. The Australian Society of Hypnosis

1998 Conducting Wild Women Groups. A workshop for psychologist's held as part of Independent Psychologist's in Private Practice IPPP National Convention in Adelaide

1998 Peace of Mind Conference - Raja Yoga "The Divine Soul" Spiritual University  
Mount Abu, India

1999 The Spirit of Healing Myth or Reality? I presented an experiential workshop.  
Theory and practice involved in the healing encounter. Intercontinental  
Conference of Nurse Healer - professional associates Inc. February Adelaide

1999 Spirituality and Health - Third major international conference to explore the  
relationship between spirituality, health and healing. Sacred space foundation  
held at Durham Castle and Cathedral Renwick England Presenter topic:  
Creativity, the unconscious, therapeutic visualisations, comparison with  
indigenous spirituality and healing

**Simonette Vaja**



**Consulting psychologist M.A.Ps.S**

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## **PROFESSIONAL REFEREES**

### **Karel Wearne**

Consulting psychologist M.A.Ps.S

Wearne Consulting - 0403069486

### **Dr. Suzy Green**

#### **Positive Psychology Institute**

Elizabeth Street, Sydney

0412427373

### **Dr. Lorna Scott**

General practitioner

Referral mental health practitioner - medicare initiative

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### **Imelda Healy**

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