

# Health Professionals and Retreats/Therapies/Workshops

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## Health Professionals

- **General Practitioners**

Mental Health Plan available to victims of sexual assault or sexual abuse. Discuss details with your GP.

- **Psychologists / Counsellors**

- Jo Meredith, psychologist, Cowra - 0424 683 566

- Theresa Sharp, sexual assault counsellor, Bathurst Community Health – (02) 6330 5646

- **Psychiatrists**

- Dr Tristram Duncan, director of the Mental Health - Rural Outreach Service (MH-ROS), consultant psychiatrist at the Bloomfield hospital, (02) 6360 7700

- **Kinesiologists**

- Tori Davidson, Young. see: <http://www.self-heal.net/default.html>

- **Naturopath**

- Angela Duncan, Wellness house, Orange, 0413 828 527

- **Physiotherapists**

- Angela Johnstone, Fitzroy Physio, Cowra, (02) 6341 2378

11 November 2019

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# Retreats/ Therapies / Workshops

- Therapies:
  - EMDR (Eye Movement Desensitisation and Re-processing): a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories.(Source: <http://www.emdr.com/what-is-emdr/>)
  - CBT: Cognitive Behaviour Therapy
  - DBT (therapy) run in Orange – 2 year course through Cadia House
  - Mindfulness courses: Example, in Forbes with Peta Patten. One such event found online at: <https://www.eventbrite.com.au/e/mindfulness-for-beginners-with-peta-patten-4-tickets-47699979924?aff=erelexpmlt>
  - Psychodrama: Psychodrama is an action method, often used as a [psychotherapy](#), in which clients use spontaneous [dramatization](#), [role playing](#), and dramatic [self-presentation](#) to investigate and gain insight into their lives  
(Source: <https://en.wikipedia.org/wiki/Psychodrama>)
  
- Retreats: [www.mayumarri.com.au](http://www.mayumarri.com.au) (now) [www.healforlife.com.au](http://www.healforlife.com.au)
  
- Free educational workshops for survivors:
  - run by Blue Knot Foundation ([www.blueknot.org.au](http://www.blueknot.org.au))
  - run by Survivors & Mates Support Network (SAMSN) ([www.samsn.org.au](http://www.samsn.org.au))

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