



## **March** *Informer*

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*Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.*

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Administration officer is Karen Howard - 0477 274 604 - [admin@ahhca.org](mailto:admin@ahhca.org)

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FROM THE  
Editor

Please send all submissions to the administrator [admin@ahhca.org](mailto:admin@ahhca.org).  
Article Submission guidelines are below.

Regards *Karen Howard*

## ARTICLE SUBMISSION GUIDELINES

Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum  
500-1000 words

Please email .txt documents to:  
[admin@ahhca.org](mailto:admin@ahhca.org)

- Editor



## MEMBER MATTERS

Did you know that there is a type of professional development classed as "contributing to professional knowledge"?

Activities that fall into this category include:

- Attending AHHCA committee meetings (about 90mins per month)
- writing articles for newsletters (including ours)

Upcoming newsletter themes include:

- immune health
- winter health
- diabetes awareness

We invite any practitioners with expertise related to any of these themes to submit a 1 page article, and you will also have the opportunity to submit a profile piece about you and your practice.

We also invite anyone who is interested in helping steer the association into the future as part of the committee of management to connect with the committee and express your interest and ask any questions you might have.

Please contact the Administrator via email [admin@ahhca.org](mailto:admin@ahhca.org) on either of these topics.

## COMMITTEE MATTERS

The Online Presence Sub Committee would like to report that development is well under way with the new website and some elements have been made available for testing.

We are very excited at how it looks so far, and the additional functionality it should contain.

## INNER SECRET INSIGHTS

∞ BY LEONIE BLACKWELL

### **Need to belong fear of being alone**

The human drive to connect with others is the domain of **Tall Yellow Top**. A sense of belonging is integral to the development of self-esteem. Family Therapist, Bert Hellinger, notes that a sense of belonging to a family helps maintain a person's innocence while the fear of not belonging provokes a sense of guilt. Guilt that comes from within (primary guilt) stems from those times when a person transgresses their own belief systems. But the Tall Yellow Top guilt is experienced from interactions with others (secondary guilt) where they perceive that their behaviour, actions, thoughts, feelings and beliefs will lead to them being rejected, abandoned or no longer belong to a peer group, family, community or "tribe." It is their fear of not belonging because of who they are that creates the emotion of guilt. Unconscious guilt can stem from very early experiences in life such as abandonment while in the womb, at birth or in infancy.

The Tall Yellow Top remedy is for isolation and loneliness, alienation, lack of connection with, or no

sense of, belonging to anything - family, workplace or country. It is helpful for those who identify their job as being 'part of who they are' and then feel alienated if retrenched. Any homeless groups within society or by society i.e.: Amazon Indians, Aboriginal Australians, etc. could use a dose of Tall Yellow Top. I have used it with indigenous clients who have to attend events away from their 'country' and suffer homesickness with had wonderful results.

The final fascinating use is for those disconnected from their hearts and who live purely in their heads, often due to the umbilical cord being wrapped around their neck at birth. In this situation Tall Yellow Top can be used to reconnect the head and the heart enabling love to influence their thoughts and actions. Ian White reports that it often needs to be taken for an extended period of time, like 6 - 8 weeks consistently as Tall Yellow Top has a very gradual effect and therefore time and patience is needed. I haven't found that to be so with my use of it.



# Your Gut Is Your Second Brain

by Dr Mercola

Your gastrointestinal tract is now considered one of the most complex microbial ecosystems on earth, and its influence is such that it's frequently referred to as your second brain. Nearly 100 trillion bacteria, fungi, viruses and other microorganisms compose your gut microbiome, and advancing science has made it quite clear that these organisms play a major role in your health, both mental and physical. Your body is in fact composed of more bacteria and other microorganisms than actual cells, and you have more bacterial DNA than human DNA. Indeed, the connection between your gut and mental health appears to be so strong that some have proposed probiotics may one day take the place of antidepressant drugs.

According to an article published in the June 2013 issue of *Biological Psychiatry*, the authors suggest that even severe and chronic mental health problems, including post-traumatic stress disorder, might be eliminated through the use of certain probiotics.

Two strains shown to have a calming influence, in part by dampening stress hormones, are *Lactobacillus helveticus* and *Bifidobacterium longum*. Others may have similar effects, although more research is needed to identify them.

Using MRI scans, Dr. Emeran Mayer, a professor of medicine and psychiatry at the University of California, is also comparing the physical brain structure of thousands of volunteers, looking for connections between brain structure and the types of bacteria found in their guts.

So far he has found differences in how certain brain regions are connected, depending on the dominant species of bacteria. As reported by NPR: "That suggests that the specific mix of microbes in our guts might help determine what kinds of brains we have — how our brain circuits develop and how they're wired."

## Your Second Brain

The human gut has 200 million neurons — the equivalent to that of a cat or dog brain. And if an animal is considered intelligent, your gut just as is equally smart. Your gut also houses nearly 100 trillion microorganisms, which influence everything from biological to emotional functioning.

Your upper brain is home to your central nervous system while your gut houses the enteric nervous system.

The two nervous systems, the central nervous system in your brain and the enteric nervous system in your gut, are in constant communication, connected as they are via the vagus nerve.

Your vagal nerve is the 10th cranial nerve and the longest nerve in your body, extending through your neck into your abdomen. It has the widest distribution

of both sensory and motor fibres.

Your brain and gut also use the same neurotransmitters for communication, one of which is serotonin - a neurochemical associated with mood control. However, the message sent by serotonin changes based on the context of its environment.

In your brain, serotonin signals and produces a state of wellbeing. In your gut (where 95 percent of your serotonin is produced) it sets the pace for digestive transit and acts as an immune system regulator.

Interestingly, gut serotonin not only acts on the digestive tract but is also released into your bloodstream, and acts on your brain, particularly your hypothalamus, which is involved in the regulation of emotions.

While we've known that the gut and brain communicate via the vagus nerve, researchers have only recently come to realise that gut serotonin regulates emotions in a much more complex way than previously thought. Not only can your emotions influence your gut, but the reverse is also true.

## When Things Go Wrong in the Gut-Brain Axis

Researchers have been able to better examine the gut's influence on emotions by studying people with irritable bowel syndrome (IBS), which affects 1 in 10 people, and is characterised by digestive difficulties and severe abdominal pain. This, despite the fact that no organic malfunction in the digestive system can be found.

One theory posits that IBS is rooted in a dysfunctional information flow between the gastrointestinal tract and the brain. But what could be causing these communication problems? One theory is that the problem originates in the intestinal wall, and that IBS is the result of faulty communication between the mucosal surface of your intestines and the nerves."

Research shows that in patients with IBS, the nerves in the gut are far more active than in healthy people, which has led researchers to speculate that the pain IBS patients suffer is the result of a hypersensitive nervous system.

Others have noted that IBS is frequently brought on by stress or emotional trauma. To dampen hypervigilance in the nervous system, some researchers are using hypnosis to help ease IBS patients' pain.

While the brain is still receiving the same kind of pain signals from the gut, hypnosis can make your brain less sensitive to them. So, pain that was previously intolerable is now perceived as tolerable. The effectiveness of hypnosis has been confirmed using brain imaging, showing hypnosis in fact down regulates the activation of pain centres in the brain.

Similarly, Dr. Zhi-yun Bo, a doctor of traditional Chinese medicine who specialises in abdominal acupuncture, has been able to treat a wide variety of health conditions, both physical and mental, from acute pain to chronic illness and depression, by needling certain areas of the belly.

### **The Gut as the Seat of the Subconscious**

Another intriguing idea is that your gut may in fact be the root of, or at the very least a part of, your subconscious mind. Your gut can send signals, to which your brain responds, even though those signals never reach conscious awareness.

Your ability to think positive thoughts and feel emotionally uplifted is actually strongly associated with the chemical messages broadcast by your gut. Serotonin released during sleep has also been shown to influence your dreams.

The striking similarities between the gut and brain, both structurally and functionally, have also led scientists to consider the possibility that the two organs may share diseases as well. For example, Parkinson's disease, a degenerative neurological disease, may actually originate in the gut.

### **Parkinson's Disease - A Gut Disorder?**

Parkinson's affects nearly a half-million people in the U.S.

According to recent research published in the journal *Neurology*, Parkinson's disease may start in the gut and travel to the brain via the vagus nerve.

The study participants previously had a resection of their vagus nerve, often performed in people who suffer from ulcers to reduce the amount of acid secretion and reduce the potential for peptic ulcers.

Using the national registry in Sweden, researchers compared nearly 10,000 people who had a vagotomy against the records of over 375,000 who had not undergone the surgery. Although the researchers did not find a difference in the gross number of people who developed Parkinson's between the groups, after delving further they discovered something interesting.

People who had a truncal vagotomy, in which the trunk of the nerve is fully resected, as opposed to a selective vagotomy, had a 40 percent lower risk of developing Parkinson's disease. The scientists adjusted for external factors, such as diabetes, arthritis, obstructive pulmonary disease and other health conditions. According to study author Bojing Liu, of Karolinska Institutet in Sweden:

"These results provide preliminary evidence that Parkinson's disease may start in the gut. Other evidence for this hypothesis is that people with Parkinson's disease often have gastrointestinal problems such as constipation that can start decades before they develop the disease.

In addition, other studies have shown that people who will later develop Parkinson's disease have a protein

believed to play a key role in Parkinson's disease in their gut."

### **Protein Clumps Implicated in Parkinson's Originate in the Gut**

Indeed, mounting research suggests we may have had the wrong idea about Parkinson's all along. As mentioned by Liu, there's other compelling evidence suggesting this disease may have its origins in the gut. Research published in 2016 actually found a functional link between specific gut bacteria and the onset of Parkinson's disease.

In short, specific chemicals produced by certain gut bacteria worsen the accumulation of proteins in the brain associated with the disease. What's more, the actual proteins implicated in the disease actually appear to travel from the gut up to and into the brain.

Once clumped together in the brain, these proteins, called alpha-synuclein, form fibres that damage the nerves in your brain, resulting in the tell-tale tremors and movement problems exhibited by Parkinson's patients. In fact, the researchers believe alpha-synuclein producing gut bacteria not only regulate, but are actually required in order for Parkinson's symptoms to occur.

The link is so intriguing they suggest the best treatment strategy may be to address the gut rather than the brain using specific probiotics rather than drugs. In this study, synthetic alpha-synuclein was injected into the stomach and intestines of mice.

After seven days, clumps of alpha-synuclein were observed in the animals' guts. Clumping peaked after 21 days. By then, clumps of alpha-synuclein were also observed in the vagus nerve, which connects the gut and brain. As noted by *Science News*:

"Sixty days after the injections, alpha-synuclein had accumulated in the midbrain, a region packed with nerve cells that make the chemical messenger dopamine. These are the nerve cells that die in people with Parkinson's, a progressive brain disorder that affects movement.

After reaching the brain, alpha-synuclein spreads thanks in part to brain cells called astrocytes, a second study suggests. Experiments with cells in dishes showed that astrocytes can store up and spread alpha-synuclein among cells ..."

Over time, as these clumps of alpha-synuclein started migrating toward the brain, the animals began exhibiting movement problems resembling those in Parkinson's patients. Findings such as these suggest that, at least in some patients, the disease may actually originate in the gut, and chronic constipation could be an important early warning sign.

The same kinds of lesions found in Parkinson's patients' brains have also been found in their guts, leading to the idea that a simple biopsy of your intestinal wall may in fact be a good way to diagnose the disease.

In other words, by looking at the intestinal tissue, scientists can get a pretty clear picture of what's going on inside your brain.

These findings are now steering researchers toward looking at the potential role the gut might play in other neurological diseases, such as Alzheimer's and autism, as well as behavioural disorders.

#### **The Immune System in Your Gut**

In addition to digesting food and allowing your body to extract energy from foods that would otherwise be indigestible, your gut bacteria also help determine what's poisonous and what's healthy, and play a crucial role in your immune system. Your immune system is to a great extent educated based on the information received from your gut bacteria.

So, exposure to a wide variety of bacteria helps your immune system stay alert and actually optimises its function.

Bacterial colonisation begins at birth, and things like antibiotic use by the mother or child, birth by cesarean section, bottle feeding instead of breastfeeding and excessive hygiene can all impair a child's immune function by limiting exposure to beneficial bacteria.

Researchers have also discovered that humans can be divided into three enterotypes ie. three

distinct groupings based on the makeup of our gut microbiomes, and the difference between them lies in our capacity to convert food into energy. All three groups produce vitamins, but to varying degrees.

Curiously, these enterotypes do not appear to be related to geographical location, nationality, race, gender or age, and the precise reason for the development of these enterotypes is still unknown. Diet is one possible, and likely probable, factor.

In the future, researchers hope to be able to determine how various bacteria influence health and the onset of diseases. Already, scientists have identified bacteria that appear to predispose people to conditions such as obesity, Type 2 diabetes, liver disease and cardiovascular disease.

Experimental data also show different gut microbiota can have a determining effect on behaviour, for better or worse, and probiotics have been shown to dampen emotional reactivity, reducing the effects of stress.

Reprinted with permission from *The Art of Healing*  
<https://www.theartofhealing.com.au/gut-brain.html>

# Psych-K® stands for Kinesiology of the Psyche

(the word psyche meaning 'mind', 'soul' or 'spirit'.)

## PSYCH-K



**Psych-K® is an approach to applied psychology that provides a simple and direct way to change self-limiting beliefs at the subconscious level of the mind, where nearly all human behaviour - both constructive and destructive - originates.**

I first became interested in this therapy after having a treatment from a fellow therapist. She had just completed her training and the session was most effective. This inspired me to find out more about this technique. I decided to also complete the basic training and have been working with Psych K® in my practice for over 5 years alongside holistic counselling. I have observed many clients making positive changes and choices in their life styles as we worked together to balance the whole brain and be able to implement changes.

The basis of PSYCH-K is *belief*. Through the PSYCH-K process, we bring awareness to the beliefs that have been running in the background of our lives. We then focus on those subconscious beliefs that contradict our conscious wishes in some way, and we ask, "why does this belief not work for me?" Once we are clear on the answer to this question, we embark on changing the outdated or ill-formed belief on the subconscious level. Firstly, we figure out where we want to be—what goals, habits, or even personal character we want to aim for—and then we integrate these goals into our subconscious.

Why do we work with the subconscious mind instead of the conscious one? This is what makes PSYCH-K unique and so helpful. Firstly, while the conscious mind is able to process only about 40 bits of information per second, the subconscious can process as much as 40 million bits of information in the same amount of time. It can accurately be said that we live through the filters of our belief systems, and these mental systems are so vast that only the subconscious can implement them. Therefore, since those beliefs that may have caused us to feel blocked, stuck, or confused originate from the subconscious, we need a direct line of communication with the subconscious mind if we are to affect the change we desire.

This is where the PSYCH-K balances come into play. Thanks to *kinesiology*, or the science of human movement and "muscle-testing," we have this ability to communicate with the subconscious because it orchestrates the autonomic nervous system and its response to stimuli (and the subsequent muscular contraction). A positive stimulus will energize the nervous system, strengthening the contraction of the muscle, while a negative stimulus will not create a response at all—"shutting down" in a sense—and there will be a weak or practically nonexistent muscular contraction.

Therefore, a statement in which we do not believe will cause our muscle to weaken, whereas one in which we do believe will make our muscle "go strong." After determining a belief or goal we would like to have and embody in our lives, we engage in the PSYCH-K balancing process. In this process, we activate both hemispheres of the brain, (whole brain state) integrating the essence of the new belief or goal into the body-mind continuum. From here on out, there will be harmony between the conscious and subconscious minds for the new belief, and you will feel supported in your life as you successfully manifest your goals and dreams into reality.

PSYCH-K is simple, quick, and very effective, therapy these descriptions are from the website <https://psych-k.com/>

There are many videos further explaining and discussing the development of Psych K on the website if you interested in exploring this technique further give me a call to discuss my experiences using Psych K. If you have Kinesiology and/or Neuro Linguistics in your tool bag already being a multi modality practitioner learning Psych K will fit in very well.

*Helen Bramley-Jackson is a Life Member of the AHHCA and a member of the committee of management of the association. She can be contacted on 0422 742 985*

## Profile

**Name:** Helen Bramley Jackson

**Name of business:** Towards Better Health

**Where are you practicing?** Clinic in Bendigo & am available to work in Central Victoria and districts.

**Do you provide in person sessions only or do you also do online/distant work?** I do mainly face-to-face consultations, and a also available for Skype sessions. I am also developing some online courses.

**What are the main modalities you offer?**

As a qualified Social Worker I run my practice in Holistic counseling, with loss, grief and end of life transition and Death doula work as specializations. Clinical Hypnotherapy, Natural and complimentary therapies, Psych K, NLP, Remedial massage, Bio energetic Vibration healing using Reiki, Seichim Therapeutic touch, spiritual healing, crystal therapies are all part of the therapies I use in my clinic.

**What do you love about the work you do?**

I enjoy being able to help people work on issues they are having in their lives and find solutions to enable their life to work more smoothly.

**How did get started in this work?**

Having a career in education I had an interest in human growth and development which I expanded by interest in Natural therapies. I gradually gained further qualifications in these areas until I eventually developed a full time business in Social Work, Holistic Health and wellness.

**What sort of results could people expect to get if they work with you?**

My aim is to enable people to safely become confident and independent in successfully managing their own health and wellbeing.



# What is Access Bars®?

Access Bars is a gentle hands-on modality that was introduced by the founder of Access Consciousness® Gary Douglas in the early 1990s.

The Bars are 32 unique points on the head that correlate to different areas and aspects of life. During an Access Bars session, a practitioner gently touches these points to release the electromagnetic charge of all thoughts, ideas, attitudes, decisions, and beliefs that may have limited you in the concerned life areas.

Imagine if someone could press a button and mute that voice in your head that tells you that you're not good enough or that you can't accomplish what you dream about? Any limitations that you create in your life are connected to your thoughts, ideas, attitudes, decisions, and beliefs about it. Lightly touch the bars-points and you begin to clear away what's locked up that keeps you from believing you can have the life you've always known is possible.

One of the life-changing components that happens naturally with each Access Bars session is the element of receiving. How often do we just let go, lower our barriers, and allow another person to truly gift us? Learning to receive is a key to inviting more of what you're asking for into your life. Access Bars facilitates receiving, different than any other modality in this reality.

On a purely physical level, when the Bars® run your brainwaves slow right down and your body goes into a deep state of relaxation.

Deep states of relaxation brings you back into homeostasis, which is when physical healing is more likely.

Having "your Bars® run" is like rebooting your brain, or de-fragging your hard disk, and most people leave a session with a greater sense of clarity and a "knowing" of what needs to be done next.

Access Bars has assisted thousands of people to change many aspects of their lives. People report better health, ease of sleep, weight loss, better sex and relationships, relief from anxiety, less stress and so much more...

*Karen Howard is an Access Consciousness® Bars and Body Process Facilitator (practitioner and teacher), Symphony of Possibilities Practitioner, coach and mentor. You can contact her on 0403 982 185.*

## Profile

**Name:** Karen Howard

**Name of business:** Always Shine Brightly

**Where are you practicing?**

Point Cook, VIC

**Do you provide in person sessions only or do you also do online/distant work?**

The Bars® must be done in person, but I do offer some of my other services, like coaching and Symphony of Possibility Sessions via Zoom.

**What are the main modalities you offer? or what do you specialise in?**

I call myself a Brilliance Facilitator, so I like to support you in being the best YOU you can be. I specialize in recovery from childhood trauma, teach The Bars® and other Access Consciousness® Body Processes, play with space and molecules, AND offer a business development program to help solopreneurs with basic business tech.

**What do you love about the work you do?**

I love seeing people release their blocks and self imposed barriers and SHINE!

**How did get started in this work?**

I spent a long time recovering from my own childhood trauma and when I found something that worked fast and was painless I wanted to share it! I also discovered I had capacities with bodies and molecules, and that I was a natural cheerleader.

**What sort of results could people expect to get if they work with you?**

Don't work with me if you want to stay small, because if you work with me you will see changes in all areas of your life.



# From our FB Group

**Q. If you could give some business advice to your younger self, what would it be?**

**A.** I would en(courage) myself to spend a lot more energy on making things happen than thinking about what could go wrong, if I am good enough, educated enough, qualified enough, financial enough.....I would advise myself to stop thinking about it and just do it! Put myself out there! Am I advising myself like this at the moment? Yes!

*(from Theresa Jones, Committee Member)*



Join our Facebook group and come play with us!  
<https://www.facebook.com/groups/1613926328865444/>

## EVENTS

Holistic Counsellor Training with The Awakening Group  
Brisbane starts 22nd March  
<https://awakening.com.au/our-courses/>

Certificate in Crystal Healing with Natural Energies College  
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/certificate-in-crystal-healing>

Tapping for Health with the Essence of Healing Institute  
<https://essenceofhealinginstitute.com/reshaping-body-and-mind/>

Diploma of Holistic Counselling with Sophia College starts March in Bunbury  
<https://sophiacollege.com/home/diploma-of-holistic-counselling/>

Holistic Flower Essence Therapy Certificate with the Essence of Healing Institute  
<https://essenceofhealinginstitute.com/wholistic-online-flower-essences-certification/>

Certificate in Artistic Therapies with Sophia College starts March in Bunbury or online  
<https://sophiacollege.com/certificate-in-artistic-therapies-2/>

Diploma in Complimentary Therapies with Natural Energies College  
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/diploma-in-complementary-therapies>

Certificate in Trauma Recovery Therapy with Sophia College Bunbury or online  
<https://sophiacollege.com/certificate-in-trauma-therapy/>

Diploma in Holistic Counselling with Natural Energies College  
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/diploma-in-holistic-counselling>

Certificate in Family Studies with Sophia College starts March in Bunbury  
<https://sophiacollege.com/certificate-in-family-studies/>

Certificate of Metaphysical Studies with Natural Energies College  
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/certificate-in-metaphysical-studies>

Certificate in Buddhist Psychotherapy & Counselling with Sophia College Bunbury  
<https://sophiacollege.com/certificate-in-buddhist-psychotherapy-and-counselling/>

# EVENTS

Diploma of Transformational Holistic Counselling  
with the Source Centre  
Nowergup WA  
<http://sourcecentre.net.au/source-centre-transformational-holistic-counselling-training-course/>

Tree of Life: Creative Art Process for At Risk Children,  
Young People and Adults  
21 March, Adelaide  
<https://www.artandplaytherapytraining.com.au/shop/tree-of-life.html>

Power Threat Meaning Framework Workshops  
7 March, Melbourne  
<http://www.eventbrite.com.au/o/blue-knot-foundation-18280085098>

Drop Yourself a Line - Reflective Writing Workshop  
30 March, Crows Nest, NSW  
<https://www.artandplaytherapytraining.com.au/shop/reflective-writing.html>

Level 1 Australian Bush Flower Essences  
2 & 3 March, Perth  
<https://www.eventbrite.com.au/e/perth-level-1-australian-bush-flower-essences-2019-tickets-53002191983>  
16 & 17 March, Melbourne  
<https://www.eventbrite.com.au/e/melbourne-level-1-australian-bush-flower-essences-2019-tickets-53002516955>

Autism Spectrum Disorder - Teaching Strategies and  
Behaviour Support  
5 April, Morphettville, SA  
[https://suelarkey.com.au/workshops/adelaide/Creative Interventions for Children with Anxiety](https://suelarkey.com.au/workshops/adelaide/Creative%20Interventions%20for%20Children%20with%20Anxiety)  
8 & 9 April, Burwood NSW  
[http://www.artandplaytherapytraining.com.au/anxiety\\_and\\_children-more.html](http://www.artandplaytherapytraining.com.au/anxiety_and_children-more.html)

16&17 March, Brisbane  
<https://www.eventbrite.com.au/e/brisbane-level-1-australian-bush-flower-essences-2019-tickets-53002405622>  
23 & 24 March, Sydney  
<https://www.eventbrite.com.au/e/sydney-level-1-australian-bush-flower-essences-march-2019-tickets-53002277238>  
22 & 23 June, Noosa  
<https://www.eventbrite.com.au/e/noosa-level-1-australian-bush-flower-essences-2019-tickets-53038746318>

Grief across the Lifespan  
11 & 12 April, Markville VIC  
<https://cep.net.au/local-events/grief-lifespan>

Young people and group work  
17 April, Greenway ACT  
<http://groupworksolutions.com.au/BookingRetrieve.aspx?ID=216185>

ABC's of Private Practice  
15 & 16 March, Springwood, Qld  
<http://transitionalsupport.com.au/workshops/>

Relational Strategies to effectively treat challenging  
Clients  
29 April, Brisbane  
<http://cpmservices.org/>

Calming the Anxious Mind: Mindfulness and Creativity  
Skills for Adults  
19 March, Crows Nest, NSW  
<https://www.artandplaytherapytraining.com.au/shop/calming-anxious-mind.html>

Level 2 Australian Bush Flower Essences  
1 & 2 June, Perth  
<https://www.eventbrite.com.au/e/perth-level-2-australian-bush-flower-essences-2019-tickets-54745619622>

Managing Vicarious Trauma  
20 March, Greenway, ACT  
<http://groupworksolutions.com.au/BookingRetrieve.aspx?ID=216162>

# COMMITTEE 2018 -19

PRESIDENT: (Vacant - we will rotate chairing the meetings)

VICE PRESIDENT: Diane Collett

SECRETARY: Charmaine Sinclair

TREASURER: (acting) Diane Collett

GENERAL COMMITTEE: Karen Howard,  
Helen Bramley Jackson,  
Jayne Boyle, Theresa Jones,  
Linda Koen, Marg Bruechert,  
Lavana O'Malley



*The committee would like your support  
We would like our organisation noticed by everyone, help us by displaying our  
logo on your website. Please contact the office for a copy of our logo.*

## QUALIFIED SUPERVISORS

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happy  
**BirthDay**  
F E B R U A R Y

CELEBRATE BEING THE AMAZING YOU!

Kimberly Anderson

Christina Bertram

Angela Cali

Gemma Castiglia

David Edwards

Faye Fowler

Olga Perkins

Mari Recasens

Tracey Rendoth

Patricia Sherwood

Stephen Whitter

Meagan Wittchen

## WEBSITE LINKS

### Australia Counselling association

[www.theaca.net.au](http://www.theaca.net.au)

### Australian Industry Training Association

[www.aitd.com.au](http://www.aitd.com.au)

### Australian Hypnotherapy Association

[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

### Caledonian Colour - PRINT | SIGNS | DESIGN

[www.caledoniancolour.com](http://www.caledoniancolour.com)

### Cancer support organisation

[www.ucansurvive.org](http://www.ucansurvive.org)

### Hearts in healthcare

[www.heartsinhealthcare.com](http://www.heartsinhealthcare.com)

### Magnetic Healers Unlimited

[www.magnetichealers.org.nz](http://www.magnetichealers.org.nz)

[kathyauric@actrix.co.nz](mailto:kathyauric@actrix.co.nz)

### Strauss heart drops

[www.straussheartdrops.com](http://www.straussheartdrops.com)

### The Healing Forum

[www.thehealingforum.com](http://www.thehealingforum.com)

### Tune In Not Out -

[www.tuneinnotout.com](http://www.tuneinnotout.com)

### The Art of Healing

[www.theartofhealing.com.au](http://www.theartofhealing.com.au)

### Walter Last

[www.heal-yourself.com.au](http://www.heal-yourself.com.au)

NETWORKING: The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

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*Final  
Thought*  
FOR THE  
MONTH

*"Tears come from the  
heart and not from the  
brain."*

*Leonardo da Vinci*



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