



Simonette Vaja AHPRA

Senior Consultant Psychologist APRHA

Mental health allied health professional

As a senior consultant psychologist having over twenty-eight years of experience in private practice; community health and corporate consulting in mental health and wellbeing, peer support programs. Contracted with large EAP providers - Converge International and Corporate Health Services, as the senior consulting psychologist and subject matter expert. Designing and delivering programs to large government mental health and family and community departments, ongoing leadership training, coaching to team members on resilience and wellbeing strategies; mental health protective and risk factors, vicarious trauma, mindfulness, team collaboration and peer support training.

I have consulted to companies and government agencies such as NSW services, peer support and wellbeing programs for NSW service employees working with regional farmers during the fires in 2019. Delivering over 24 programs throughout Sydney CBD and NSW.

Sydney City Council – Peer support program meeting with leaders to scope their needs; SME write the programs and deliver the training modules for a novel peer support program – delivered a two-day intensive peer support training program to 46 participants and coached the team over a six month period.

South-East Sydney Local Health District – Illawarra I delivered a mind-health supervision program to family and community services. Specialising in vicarious trauma, compassion fatigue, resilience, engagement; psychological safety; mental health and wellbeing seminars; some are one off seminars, others are regular ongoing workplace supervision wellbeing programs.

I conducted a six-month coaching and team building, wellbeing program to Government Family and Community services teams located in Sydney.

With experience in consulting to NSW Health, Royal Australasian college of physicians; Hospitals – Randwick, St. George - Kogarah; Northern Beaches, mental health units, JMO and RN's. South-Eastern local health district - family and community services; leaders, team leaders and case managers. ACT Health – Canberra Hospital, regular lunch and learn mindfulness and self-care strategies for RN's through the wellbeing programs.

Recent work 2019 with private hospitals and aged care homes: Thompson Health and Sydney Adventist Hospital – Wahroonga. Allied health professionals – Resilience and Team collaboration seminar. Leadership coaching.

Trauma informed care provider. I have specialist training and clinical experience with people who have experienced, trauma and critical incident, complex trauma. Presenting mental health and wellbeing programs to Fire, Ambulance, Paramedics, Police, Defence and government agencies; DIAC.. Designing and delivering programs focussing on protective strategies, such as mindfulness and self-compassion to build resilience when working with high demanding roles involving complex cases, that can lead to burnout, compassion fatigue in legal and paralegal professionals.

PROFESSIONAL MEMBERSHIPS ACCREDITATION

- 1991 Board Registered psychologist AHPRA 0001136639
- 1991 Member of the Australian Psychological Society 014427
- 2003 Registered Mental Health Medicare Provider - Medicare
- 2010 PsychBA: AHPRA Board Approved Principal supervisor
- 2012 Work-cover accreditation – approved provider
- 2011 Current Police check clearance
- 2011-18 Working with Children check certificate WWC0013433E
- 2011-18 NSW Police Criminal Check clearance, working with children certificate.
- 2017 Advance First Aide certificate
- 2017 Master class for Certificate in Reflective Supervision in practice Dr. Daphne Hewson
- 2018 Approved provider Australian Defence Force
- 2019-2020 Mindfulness and Compassion Meditation Teacher - Insight Meditation Institute Australia

A. UNIVERSITY ACADEMIC QUALIFICATIONS

- 1986 Bachelor of Arts degree with a double major in Psychology: Organisational Psychology and Counselling, Swinburne University of Technology Melbourne
- 1988 Master of Arts (Research, 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 treatment for PTSD War Vietnam Veterans.
- 1991-92 Macquarie University, Unit for Rehabilitation studies - Disabilities school of Education
Training techniques for community living programs: Supervisor Ms Cecilia Gray

1992-96 Psychotherapy "Self and Mindfulness psychotherapy - weekly sessions for four years
Dr Eng-Kong TAN MBBS, MPM, FRANZCP

1992 World Congress of Cognitive Therapy held at the University of Toronto Canada

1. 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

1996 Wisdom and Compassion Conference "Buddhism and Psychotherapy"

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

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

2011 Beyond Blue – workplace awareness mental health – Facilitator training and approval to run
HR, Manager awareness, Senior executives, employees – 1 hour to 4 hour sessions. Maximum 150
participants to 26 participants manager awareness.

2018 PhD. Fellow (ACU-ANU) 'Compassionate Health Care – End Of life care providers" Measuring
the effectiveness of an novel " Mind-Health structured supervision practice

2019-2020 Mindfulness and Compassion Meditation Teacher – certification Insight Mindfulness
Institute - Australia

CORPORATE MENTAL HEALTH CONSULTING EXPERIENCE

- **2019-2020 Senior Consultant Psychologist – Centre for Corporate Health –**
- Corporate Mental Health facilitator and trainer – Mental health and Wellbeing programs
 - Commonwealth bank -senior executives and managers
 - NAB – National and regional delivery to all employees and Managers: Resilience strategies for self and clients effected by fire and drought. Peer support programs
 - Ernest and Young – Resilience and Mindfulness mental health programs
 - Legal and Banking industries – delivery Mental health programs
- **2019 – Converge International Partner – Senior Consulting psychologist**
- Delivering mental health and Peer Support programs - resilience self-care programs to workplace teams, corporate and government agencies. Critical Incident and EAP psychological services. General EAP support including, Manager assist and Executive coaching Transport.
- 2018 Principal Consultant Psychologist & Subject Matter Expert
– reporting to the National Consulting Converge International Pty. Limited

Employee Assistance programs, Consulting and Training. Reporting to Director. Full time employee. End to end scoping, writing tenders and quotes for training. Developing and

writing bespoke mental health and wellbeing training programs. Vicarious Trauma and Compassion Fatigue programs for Health industry and Education.

- **2017 – Principal Psychologist and Client Relationships Manager at Drake WorkWise.**

Contracted via my company Vital Strategies Pty. Limited

Conducting day to day EAP and clinical governance, monthly supervision for a team of Psychologists and Counsellors across Australia, who provide EAP and Organisational training and development programs.

Updating and developing new workplace training modules – Effective Change; Manager mental health awareness; Parenting; Ageing parents.

Involved with relationship management with clients, including scoping consulting directly for more than 25 major clients with CRM and ongoing reporting services.

Presenting mental health and wellbeing programs to diverse organisations and Industries such as Coal, and Engineering; Beauty and Retail, Disability sector and Security agencies.

Group Facilitator and Corporate Trainer – with over 20 years-experience as a workplace and community-based facilitator

Delivering to small and large groups of employees – face to face and zoom online application Executive/Manager and team leader coaching sessions.

2000 Davidson Trahaire Corpsych (now Benestar) - Senior Psychologist EAP, Critical Incident and Corporate trainer and team facilitator - 2010 and 2016

Beyond Blue accredited workplace trainer – 5 years experience

Presenting Beyond Blue workplace mental health training and DTC wellbeing seminars to DTC's client list, large organisations and government agencies. DTC contractor including group facilitator, psycho education and coaching to CEO, executive and HR managers: Seminars and courses include:

- Resilience training to managers
- Grief and Traumatic incidences
- NAB, HSBC - performance and wellbeing seminars
- Avant medical legal
- Royal Australasian college of physicians
- Australian Dentist Association
- Australian Broadcasting ABC
- Optus - managers and team leaders
- DIAC - Villawood detention centre
- Qantas – 20 senior executives and senior HR managers – Resilience training and self-care strategies, mental health in the workplace.

Trauma interventions - providing resilience and trauma, critical incident services to

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|--------------------------|-----------------------|
| • Banking institutions | NSW Transport railway |
| • NSW police | NSW services |
| • NSW Ambulance and Fire | ACT & NSW Health |

- **Conflict resolution and Mediation/Facilitation experience**

Working with individuals, dyads, triads, and larger teams to help transform conflict and negative relationships.

Designing and presenting seminars on “effective communication and dealing with difficult people” for the whole Unit... team psychoeducation. Working with diversity and the benefits of diversity in personality, culture and skills set, age, disability, culture, sex, education.

PROFESSIONAL REFEREES (3)

Dr. Suzy Green DPsych (Clin.) MAPS

Founder The Positivity Institute

Suzy also currently holds Honorary Academic positions at the Institute for Positive Psychology & Education (IPPE), Australian Catholic University, the Melbourne Graduate School of Education (MGSE), University of Melbourne and the Black Dog Institute. Suzy is also an Affiliate of the Institute for Well-Being, Cambridge University.

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Dr Lorna Scott

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Principal Avalon Wholistic Medical and Dental Centre
Avalon, Northern Beaches

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Contact details

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