

Hi! I'm Lisa

I am a Counsellor & Psychosocial Recovery Coach.

I enjoy yoga, meditation and socializing with friends

*As a Counsellor I specialise in Gestalt Psychotherapy
which focuses on mindfulness and increasing
awareness*

*I have enjoyed studying a Diploma of Counselling &
continuing my studies in Psychotherapy.*

Wishing you all the best and I hope to meet you soon.

Ramona D.

