



holistic counselling

Claudia Guersenzvaig

Registered Psychologist
Member of APS,
Assoc. Member VAFT
Adv Dip Gestalt Therapy
Member of GANZ
MA Psych (Arg)
Grad. Dipl. Soc Sciences
in Family Therapy



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Clients can claim on Medicare when referred
by a GP with a care plan.
HICAPS/EFTPOS/Credit card facility available.
Concession fees available.
24 hours notice required for cancellations.

Background & experience

I am trained as a Gestalt, Psychodynamic and Family Therapist and have been in private practice since 1985. I have facilitated women's groups in both Melbourne and the USA.

I integrate a Gestalt, systemic, psychodynamic, cognitive and spiritual approach and employ self-inquiry, guided imagery, role-play and art therapy techniques with each client.

As part of the holistic approach I utilise spiritual practices such as Buddhist meditation and the use of the chakra system to connect with the deeper self.

I work extensively assisting Victims of Crime and specialise in issues of trauma resolution, chronic pain management, relationships, couples and family, children and adolescents, grief and loss, eating disorders, anxiety, self-esteem, depression and social phobias.

I am bilingual (English and Spanish). Having left Argentina 22 years ago and lived in various countries, I have deepened knowledge around emigration issues, grief and loss, homesickness. I am also experienced in gay and lesbian issues.

Carlisle Contemporary Health Practice,
30 Carlisle St,
St Kilda VIC 3182
Ph 9537 3600

Phoenix Rising Healing Centre,
15 Trethowan Ave,
Ocean Grove VIC 3226
Ph 5255 4517

Are you feeling...➔

Emotional Pain Depression Grief
Relationship Breakdown Family Conflicts

I can help you...➔

Learn to be present in your body.

Understand yourself, your feelings and your relationships better.

Develop deeper awareness of your life issues.

Strengthen your communication skills.

Learn creative ways of resolving conflict.

Be empowered to make wiser choices in life.

Gain clarity in what you want in life.

How I work...➔

My approach is holistic integrating body, mind and spirit in the journey towards wholeness and change.

I work with compassion and intention to support you to discover and listen to your inner truth.

Helping you to reconnect with your body, you will be able to identify your feelings, how to express them and the meaning they hold for you in your life.

Working with each individual client's story, the intention is to reveal the unconscious material, which influences choices made. We explore your family background to understand its impact on your life and to enable you to recover your sense of self.

Through conversations and questions, we identify the belief systems which influence your interpretations of your experiences and your decision-making.

www.cguersenzvaig.com.au