

SPRING

Newsletter



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Message from the Director

Dear friends and partners,

We hope this message finds you well. It's been a season of exciting change and growth for all of us here at Budding Resilience Therapies, and we're so happy to share what's been happening.

Here's some wonderful news from our team:

- We're now officially Budding Resilience Therapies Pty Ltd!
- We've welcomed fantastic new team members with specialised skills—see page 2, 3 & 4 to get to know them.
- We've been reviewing our internal operations to make sure our services stay supportive, consistent, and high-quality.
- Our new office in Penrith is up and running, with extra therapy space to better meet client needs—see page 5 for a peek.

Change always brings both rewards and challenges, and we truly appreciate our community's understanding and trust as we continue to grow. If you ever have questions, feedback, or concerns, please speak with your direct contact at BRT— or get in touch with us anytime at admin@buddingresilience.com

Thank you for being such an important part of our journey. We couldn't do this without your support and collaboration, and we're excited for all that's ahead.

Warm Regards,

EMagnisallis

MEET THE TEAM



Evanthea Magnisallis

Director, Senior Trauma Clinician and Specialist Behaviour Support Practitioner

A creative, thorough and humorous practitioner, who is comfortable sitting with clients in uncomfortable spaces.



Clare Georges

Senior Complex Comorbidity Clinician, Behaviour Support Practitioner and Therapist

A dynamic and passionate social worker, specializing in family therapy, trauma recovery, mood disorders, and compulsive behaviours.



Jessie Heng

Therapist and Senior Behaviour Support Practitioner

Jessie uses a trauma informed approach and has a calm and sincere nature, which makes engagement with her relaxed.

MEET THE TEAM



Rowan Forster

Psychotherapist and Behaviour Support Practitioner

Rowan offers person-centred support, guided by life experience, curiosity and respect.



Sonas Ferrier

Art Therapist and Behaviour Support Practitioner

Sonas is a creative, warm and welcoming clinician, who loves supporting children and young people.



Kimberley Gomez

Therapist and Behaviour Support Practitioner

A holistic therapist with a passion for supporting those living with disability, complex health needs, grief and loss and working with diversity. Kim seeks to work with her clients to empower them.

MEET THE TEAM



Carla Ferrer

Therapist and Behaviour Support Practitioner

Carla believes every individual is unique and thus, so are their goals. Carla's work focuses on trauma recovery, person-centred support, and complex mental health needs



Selena Jebara

Behaviour Support Practitioner

S Selena is a diverse practitioner, who specialises in working with complex disabilities where there is intertwining psychosocial concerns.



Alexandria Quartermain

Child Development Clinician and Play Therapist

Alex supports children and young people through play. Alex focuses on building relationships and supporting goals. Her clients lead in the journey.

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Budding Resilience Therapies and Yindyamarra Disability are excited to share their new space, 'Penrith House' at 161 Derby Street, Penrith NSW 2750



*Budding Resilience Therapies in partnership with **Yindyamarra Disability** are excited to open a culturally safe and trauma informed hub for Aboriginal and Non-Aboriginal people living with a disability, as well as their support networks!*



● NDIS Specialist Support Coordination

☆ for everyone

● NDIS registered provider

admin@yindyamarradisability.com

Budding Resilience Therapies is excited to share some personal and joyful news from our leadership team.

Our Director's neurodivergent reveal:

Our Director, Evanthea, recently completed a psychological assessment with our partners at Billycart Behaviour after self-referring. Evanthea already had a confirmed ADHD diagnosis, however wanted to explore whether she met the criteria for ASD after comments about her communication style and approach to learning. Through this process, it became clear the deep understanding and connection she feels with participants living with ADHD and Autism is grounded in her own lived experience as someone who lives with ADHD and Autism (or AuDHD).

Autism Reveal Party at our new site:

In true neuroaffirming style, we celebrated with an Autism Reveal Party at Penrith House; with **blue** to represent an **Autism diagnosis** and **pink** to represent **no Autism diagnosis**. As the photos show, nobody on the team was surprised by the results. The celebration celebrated the joys of being different, rather than focusing on deficits, reflecting an approach that values human variation and the joys of what different brains can offer.

Strengths-based practice:

Our work will continue to champion the strengths that rarely appear in diagnostic criteria: creativity, hyperfocus, passion, honesty, pattern recognition and deep empathy for others who feel 'different.'

Our Director valued Billycart Behaviours commitment to a respectful, strengths based, neuroaffirming approach which did not seek to 'mask' or 'fix.' She will continue to ensure these values are upheld and reinforced by the BRT team.

Our ongoing commitment:

At Budding Resilience Therapies, we remain dedicated to helping neurodivergent children, young people and adults see that their differences are not deficits, and that they can achieve meaningful, self-defined goals with the right support and environment. We hope this announcement encourages others to view ADHD and Autism through a lens of acceptance, pride and possibility, and to seek spaces where they are celebrated, not "normalised".



Good News Stories!



Celebrating growth and progress!

In October 2025, we had a lovely client assist us with decorating our new office, by creating an amazing artwork, which integrated our logo and love of growth!

We are so proud of this young woman who has been working hard to process childhood trauma and showing great bravery and resilience in doing so.

Commitment to advocacy and engagement!

Selena shares good news about a young man that she has been working with for more than six months as a behaviour practitioner...

“Initially when we first met, he was very cautious, understandably, as he has an abuse history. He initially avoided interactions with me, and the sessions were dominated by someone who we later identified was unsafe. Since we supported him following the unsafe situation, he has seen I am willing to advocate for him and he speaks to me all the time, asking my advice. I never tell him what to do, and I support him to learn that what he wants is important too. Right now, I am supporting him to understand his rights in relation to Guardianship, as an application has been made and we want him to know he has a voice.”

Strengths-based, neuroaffirming practice!

The Billycart Behaviour Clinical Psychologist, Shanna Rose provided the following heartwarming feedback to our Director Evanthea:

“Having neurodivergence is like you have been going through life with impaired vision and no glasses, then other hardships you have faced added to your challenges. What this means is you are an INCREDIBLE person! You have demonstrated strength well beyond the average person. It’s like you have been climbing an extra-steep mountain with even less equipment than anyone else, AND you still managed to get higher than everyone else. It has been a pleasure assessing you.”

