

Newsletter

Message from the Director

Dear Clients and Collaborators,

The last few months have involved significant changes at Budding Resilience Therapies. We have welcomed new team members and engaged in intensive training, including resource development (EMDR strategies), data collection, best practice for Behaviour Support Planning (BSP), Clinical Yarning, and Indigenous Psychology Training. We are also delighted to have three students join our team, who are enthusiastic about learning from our work and contributing their social work knowledge.

We have made a firm commitment to strengthening our data capabilities to ensure our work remains evidence-based. We have transitioned to a more efficient system for tracking notes and documentation, and have continued our advocacy efforts. Importantly, we continue to prioritise the wellbeing of our clients over systemic dysfunction, relational pressure, and providers who have reduced referrals when challenged on ethical grounds.

Our goals moving forward are to maintain our positive reputation for evidence-based and ethical practices, and to complete internal policy updates, including developing a Reconciliation Action Plan (RAP) and achieving accreditation as an ally for Aboriginal and Torres Strait Islander participants.

Please continue to liaise with us as we grow and establish boundaries that support ethical, positive, and client-focused practice.

Warm regards,

A handwritten signature in black ink that reads "Evanthea Magnisallis".

Evanthea Magnisallis
Director of Budding Resilience Therapies

ANNOUNCEMENTS



Community in Action!



Our downstairs therapy room received a fantastic makeover thanks to the wonderful students from Western Sydney University!

They spent the day assembling furniture, organising the space, and helping bring the room to life. Their enthusiasm and willingness to help made a huge difference, and we're so grateful for their support.



New Episode of **SYSTEM ERROR** PODCAST EPISODE: YOUNG CARERS

**LISTEN TO OUR NEWEST
EPISODE HERE:**



Celebrating Culture Through Art



We're delighted to share the completion of this beautiful artwork by local Aboriginal artist Lee Hampton from Black Door Gallery.

The piece pays homage to the land on which we work, the Country of the Dharug Nation. It is also an acknowledgement of other Traditional Owners and Elders. We're grateful to Lee for creating this meaningful work, which reflects our values.



We've also taken important steps in strengthening our commitment to culturally safe and inclusive practice, progressing through the Reconciliation Action Plan (RAP) process and Allies Accreditation for Aboriginal and Torres Strait Islander clients.

This work supports our ongoing learning and helps us provide services that are respectful, culturally responsive and welcoming.

NAIDOC WEEK



This NAIDOC Week, under the theme “50 Years of Deadly”, our Director travelled to Mount Isa to attend Indigenous Mental Health, Complex Racial Trauma and Attachment 2026, delivered by Indigenous Psychological Services.

“50 Years of Deadly” honours five decades of NAIDOC celebrations and the ongoing strength, resilience and leadership of Aboriginal and Torres Strait Islander peoples. It pays tribute to the Elders who stood firm, the organisers who built this movement, and the communities who continue to lead change.

In line with this, we continue to prioritise referrals from Aboriginal and Torres Strait Islander people in urgent need. We also prioritise opportunities for Aboriginal and Torres Strait Islander applicants within our workforce. We recognise the importance of ongoing cultural training and supervision for non-Indigenous staff to ensure our practice remains respectful, responsive and grounded in understanding.



As we reflect on this year’s theme, we are reminded that strengthening relationships, listening deeply and supporting self-determination are essential to meaningful therapeutic work.

Services WE OFFER

Positive Behaviour Support

Specialist Positive Behaviour Support under the NDIS, including comprehensive assessments and behaviour support plans tailored to individual needs and environments.

Counselling & Therapeutic Support

Counselling and therapeutic intervention supporting emotional wellbeing, personal growth, and practical strategies to navigate complex experiences and life challenges.

Social Work Services

Professional social work services focused on advocacy, assessment, and coordinated support to strengthen wellbeing, safety, and long-term stability.

Trauma-Informed Support

Trauma-informed support that recognises lived experience, promotes safety, and builds practical strategies for recovery, resilience, and personal empowerment.

Clinical Supervision

Reflective clinical supervision supporting practitioners to strengthen professional practice, navigate complex situations, and build confidence through guided reflection.

Consultation & Professional Training

Professional consultation and training for organisations and support teams focused on strengthening knowledge, improving practice, and supporting sustainable outcomes.

Meet the Team!



Evanthea Magnisallis

**Director, Senior Trauma Clinician and
Specialist Behaviour Support Practitioner**

A curious, thoughtful and humorous practitioner, who is comfortable sitting with clients in uncomfortable spaces.

Clare Georges

**General Manager & Senior Complex
Comorbidity Clinician**

A passionate and dynamic social worker, specialising 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, sincere nature, which makes engagement with her more relaxed.

Rowan Forster

**Psychotherapist and Behaviour Support
Practitioner**

A person-centred practitioner, guided by lived experience. Rowan approaches his supports with curiosity, respect, as well as trauma informed and strengths based approach.



Sonas Ferrier

**Psychotherapist and Behaviour Support
Practitioner**

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

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.

Mega Tokhman

Therapist and Behaviour Support Practitioner

Mega has a holistic and eclectic approach to practice, drawing from various models. She believes the mind, body, and spirit connection strongly influences wellbeing.



Chantal King

Social worker and Behaviour Support Practitioner

Chantal is a compassionate and dedicated social worker and Behaviour Support Practitioner with a strong focus on trauma-informed and strengths-based practice.

Jane Stadermann

Therapist and Behaviour Support Practitioner

Jane is a holistic and collaborative practitioner who values each client's individuality, tailoring her approach to support diverse communication styles and needs.



Biju Bhaila

Behaviour Support Practitioner

Biju is a compassionate and empathetic Positive Behaviour Support Practitioner with a social work background and experience supporting people within the disability sector.

Julie's Journey

A MOMENT WORTH CELEBRATING

We're celebrating some meaningful progress for Julie, who has been working toward a number of personal goals and building skills with our practitioner, Rowan.

Julie lives with the impacts of significant trauma, alcohol and other drug use, and complex, medication-resistant mental health challenges, including a diagnosis of schizoaffective disorder.

Recently, Julie has been making positive choices to support her wellbeing and showing incredible persistence through periods of discomfort and change. This includes engaging more consistently in appointments, alcohol and other drug treatment, and challenging medication changes. She has also put stronger boundaries in place with people who are not supportive of her.



In a particularly significant moment, Julie shared that she was “riding out” some discomfort and using a movie to distract herself – a huge step for someone who has previously found watching TV challenging.

She has also recently experienced some positive changes in her circumstances that she has been working towards for a long time, and she is actively building on that momentum.

For those who know and support Julie, these seemingly small moments represent significant progress. We're proud to celebrate her determination and resilience.

The participant's name has been replaced to protect her privacy and maintain confidentiality.



Stay Connected!



Our Website



Director's LinkedIn



Our Facebook