

Summer Newsletter

Message from the Director

Dear community and collaborators,

Summer has been a busy and transformative time for Budding Resilience Therapies. Through both challenges and growth, we've taken time to reflect and reaffirm our core values:

Emotional Safety: We create a safe, supportive space for every client, tailoring care to individual needs and fostering healthy boundaries, self-understanding, and personal growth.

Integrity: We act with honesty, transparency, and accountability, guided by ethics, legislation, and a firm commitment to doing what's right for our clients and community.

Respect and Collaboration: We value diverse perspectives and work in partnership with clients and their support teams to build trust, encourage shared decision-making, and achieve meaningful, lasting outcomes.

Continuous Learning: We actively engage in evidence-based professional development, modelling growth and helping our clients strengthen their own skills and confidence along the way.

We're excited for the year ahead — expanding our team, building new clinical resources, and continuing to learn and grow so we can best serve our wonderful community.

Warm regards,
E. Magnisallis



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

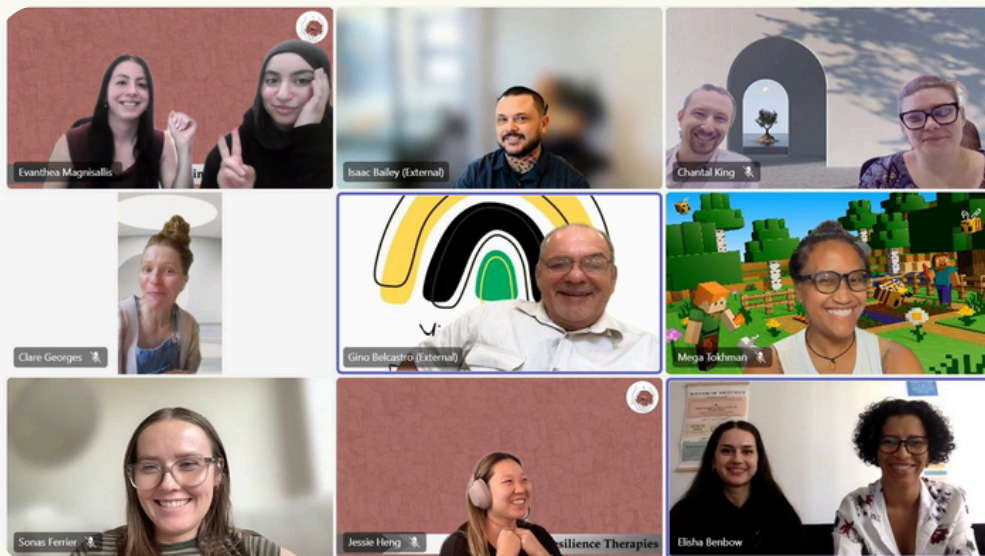
Reflective clinical supervision supporting practitioners to strengthen professional practice, navigate complex situations, and build confidence through guided reflection.

Consultation & Professional Training

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

Continuous Learning...

Our team and our partners Yindyamarra Disability (left QR) attending training on support individuals impacted or at risk of sexual and/or domestic violence by Isaac Bailey from Yurandalli Counselling and Consulting (right QR).



Team Connection



A connected team leads to better outcomes... the Budding Resilience Team at Axe Throwing
15 February 2026

New Episodes of System Error

Bad Religion — Guest host Elisha speaks with two sisters about growing up in different faiths and the systemic issues they faced.

Good Religion — Evanthea chats with social worker Brett Sams about how faith helped him through childhood grief and how healthy systems can support healing.

Soon to come...
Therapeutic Tools to
support clinicians
working with vulnerable
clients!!!



QR to the Podcast Here!

Training we offer:

Trauma-Informed Practice Training Skills for Safer, Supportive Work



Why this Training Matters

Traumatic experiences can shape how children grow, relate to others, and cope, with these impacts often continuing into adulthood. Without a trauma-informed understanding, behaviours may be misunderstood, and well-intentioned responses can unintentionally cause harm. Trauma-informed practice equips professionals to respond safely and effectively, creating supportive environments and improved outcomes for the people/clients they work with.



Key Learning Areas

Assisting professionals working across child protection, disability services, education, mental health and community sectors in:

UNDERSTANDING THE FOUNDATIONS OF TRAUMA

- Understanding childhood, relational and intergenerational trauma
- Developmental, emotional, relational and physiological impacts of trauma
- How trauma affects attachment, relationships and daily functioning
- Core elements of trauma-informed practice and recognising trauma responses
- The role of neuroplasticity in healing and resilience

PUTTING TRAUMA-INFORMED PRACTICE INTO ACTION

- Using structured approaches, including the TECA tool, to assess trauma responses
- Integrating trauma principles into care and behavioural plans for clients
- Embedding trauma responsive strategies into daily practice and service delivery
- Strengthening skills to respond effectively to trauma in diverse contexts



About the Trainer

This training is facilitated by Clare Georges, Senior Complex Comorbidity Clinician. Clare holds a Bachelor of Arts in Interdisciplinary Human Studies, Major in Psychology (Honours) and a Masters in Social Work. She has extensive experience across disability services, family preservation, out-of-home care and therapeutic interventions. Clare specialises in trauma-informed care and recovery, utilising a range of approaches including strengths-based practice, cognitive behavioural therapy, systems theory and narrative therapy. She is committed to equipping professionals with practical strategies to respond effectively to trauma across diverse settings.



Get in Touch

For more information, to book or discuss training options:

✉ Email: admin@buddingresilience.com

🌐 Website: www.buddingresilience.com

About Us

Budding Resilience Therapies (BRT) provides therapeutic and clinical support for children, young people and adults across Sydney who may be experiencing stress, trauma, unsafe behaviours, disability-related challenges, or other complex needs.

We also deliver specialist services including assessments, training, supervision and consultation for professionals and organisations. Our approach is evidence-based and non-judgemental, prioritising wellbeing, safety and resilience for individuals, families, and communities.

Training Options

BRT offers a wide range of evidence-based training programs delivered face-to-face or online. We provide tailored packages, including Train-the-Trainer options and can adapt content to meet the specific needs of your team or organisation.

Whether you require foundational knowledge or advanced skills, our flexible training solutions are designed to build confidence, capacity and lasting impact.



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.

Meet the Team



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

Art Therapist and Behaviour Support Practitioner

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



Kimberly 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.



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.



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.

Meet the Team



Mega Tokhman

Therapist and Behaviour Support Practitioner

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



Leah Magnisallis

Behaviour Support Practitioner

Leah is a strengths-based clinician, who is passionate about self-determination, trauma recovery and advocacy. She values celebrating positive outcomes - no matter how big or small.

BUDDING RESILIENCE THERAPIES

WE HAVE CAPACITY FOR BEHAVIOUR SUPPORT

evanthea@buddingresilience.com 0406 759 805

Sierra's Journey

Carla, one of our dedicated practitioners, is currently supporting several complex clients, including Sierra – a young Aboriginal woman in her early twenties. Sierra has a mild intellectual disability and several mental health diagnoses. She has faced a lot of change and instability in her life, spending time in out-of-home care as a child, living under guardianship as an adult, and experiencing the difficult separation of her two children, who are currently in care.

Sierra enjoys makeup, karaoke nights, movies, relaxing at home, beach drives, and spending time with her children. She likes meeting new people and building genuine friendships.

Sierra's needs are often described as complex due to her history of unsafe behaviours, suicidal thoughts, and her wish to become pregnant. In the past, she frequently contacted services when she felt distressed or unhappy, which sometimes led to unsafe situations that she continues to work through in therapy



When Carla first started working with Sierra, she had been supported by another practitioner whom she never met in person. From the beginning, Carla set clear and respectful boundaries while staying kind and consistent. Her curious and non-judgmental approach helped Sierra feel safe, heard, and understood.

With support from her team, Carla worked with Sierra to develop a contraception plan that feels right for her. Sierra has also begun sharing her goals for reconnecting with her children and is preparing to start therapy soon.

Thanks to this empowering and trauma-informed approach, Sierra is beginning to make positive changes. It's still early, but there is real hope for her future.

Stay Connected!



Our Website



Director's Linked In



Our Facebook

