



Bindi

She/Her

Counsellor

Lifeline WA Counselling Services

With comprehensive psychodynamic counselling and mindfulness training, Bindi brings extensive knowledge and experience to her work with clients. Specialising in grief and family separation, she draws on attachment and polyvagal theory, dialectical behaviour therapy skills, and creative, expressive, and somatic techniques. This diverse toolkit helps clients understand and regulate their emotions, enhance interpersonal relationships, and cultivate mindfulness in their daily lives.

Bindi's holistic practice centres on fostering resilience and working with individuals to identify their strengths, collaboratively developing these to encourage growth. She emphasises the importance of welcoming all emotions into the therapeutic space and exploring them with self-compassion. Bindi firmly believes that everyone, regardless of their circumstances, has the capacity to heal and grow.

Her approach is characterised by warmth, empathy, and a nonjudgmental stance, creating a brave space for clients to explore grief, growth, and life.

Bindi holds a Master of Counselling and Psychotherapy from Edith Cowan University. She is a registered counsellor with the Psychotherapy and Counselling Federation of Australia. She has undertaken further postgraduate training in Dialectical Behaviour Therapy, Mindfulness and Meditation, Acceptance & Commitment Therapy, Play Based Therapy, Complicated Grief, Sensorimotor Psychotherapy and Internal Family Systems.

Contact us:

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