



Sasha

She/Her

Counsellor

Lifeline WA Counselling Services

Sasha brings a wealth of experience and compassion to her role as a counsellor, having previously worked with young people impacted by cancer, and specialising in grief and loss. Currently pursuing studies in art therapy, she is passionate about using creativity and play to support children and young people. Sasha's approach integrates person-centred counselling, Acceptance and Commitment Therapy, and strength-based strategies, focusing on helping clients navigate grief, anxiety, relationships, and communication challenges.

Known for her warm and empathetic nature, Sasha creates a supportive and nurturing environment where clients feel deeply seen and listened to. She places great importance on empowering her clients, guiding them to explore their values, witness their own personal growth, and build resilience.

Sasha holds a Bachelor of Counselling from The University of Notre Dame Australia. She is a registered counsellor with the Australian Counselling Association). She has undertaken further postgraduate training in Acceptance and Commitment Therapy, Grief and Loss training, and is currently studying art therapy.

Contact us:

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