



holistic counselling

Claudia Guersenzvaig

Registered Psychologist
Assoc. Member VAFT
Adv. Dip. Gestalt Therapy
MA Psych. (Argentina)
Grad. Dipl. Social Sciences in Family Therapy
Completed Acceptance Commitment Therapy Act
Certification in EMDR and Mindfulness.



Contact details

mobile: 0418 592 606

email: cguersenzvaig@netspace.net.au

website: www.cguersenzvaig.com.au

Practices

South Melbourne Psychology
140 Albert Rd, South Melbourne VIC 3205

Phoenix Rising Healing Centre
15 Trethowan Ave, Ocean Grove VIC 3226

Clients can claim on Medicare when referred by a GP with a care plan.
HICAPS/EFTPOS/Credit card facility available.
Concession fees available.
24 hours notice required for cancellations.

cguersenzvaig.com.au

Are you experiencing...

- Emotional Pain
- Depression
- Grief
- Relationship Breakdown
- Family Conflicts

I can help you...

- Learn to be present in your body
- Better understand yourself, your feelings and your relationships
- Develop deeper awareness of your life issues
- Strengthen your communication skills
- Learn creative ways of resolving conflict
- Be empowered to make wiser choices in life
- Gain clarity in what you want in life

How I work...

I understand that taking the step to come to therapy can bring uneasiness. I am committed to making each person feel comfortable, heard and understood. This enable clients to open up to learn about themselves in a collaborative manner.

I see therapy as a dialogue that happens between client and therapist that promotes awareness and understanding of one self. I believe that suffering opens up to learn about oneself.

Understanding your family background, your will discover the core themes an the unconscious beliefs, which influence your choices in life to recover your sense of self.

Using a compassionate approach, my intention is to support the counselling process to be a positive experience for you.

About Claudia

Claudia Guersenzvaig trained as a Gestalt, Psychodynamic and Family Therapist. She has been in private practice in Australia since 1999.

Claudia has facilitated women's groups in both Melbourne and the USA. She integrates a Gestalt, systemic, psycho-dynamic, cognitive and spiritual approach and employ self-inquiry, guided imagery, role-play and art therapy techniques with each client. As part of the holistic approach, Claudia utilises mindfulness and Buddhist practices.

Claudia works extensively assisting victims of crime and specialise in issues of trauma resolution, chronic pain management, relationships, couples and family, children and adolescents, grief and loss, eating disorders, anxiety, self-esteem, depression. She is also experienced in gay and lesbian issues.

Claudia is bilingual (English and Spanish). Having left Argentina 22 years ago and lived in various countries, she has deepened knowledge around emigration issues, grief and loss, and homesickness.