



Curriculum Vitae

Nicola Turschwell

FOUNDER
Original Self - the art of you
Culture Coach

nicola.turschwell@gmail.com

<https://culturecoach.net.au>

0439 711 993

8 St James Court
Nambour Qld 4560

EXPERIENCE

Current

Founder of Culture Coach - championing wellness and emotional resilience with creative, mindful facilitation and guidance. (see website above).

Organisations I have worked with:

- Melbourne University
- Australian Association of Social Workers (AASW)
- West Australian Country Health (WACHS)
- University of Queensland
- North Coast Aboriginal Corporation for Community Health (NCACCH)
- OGE Architects
- Sunshine Coast Council
- Nambour Community Centre

2019 - The Refinery program participant - a Sunshine Coast Council/ Creative Alliance Sunshine Coast/ QUT Creative Enterprise initiative to mentor creative business ideas for 12 weeks. 15 candidates selected from 95 across Australia.

2019 - Presenter at International Conference on Art Therapy, Beijing, China

2017 - 2019

Community Drug Service Worker, Western Australia Country Health Service (WACHS) – Kimberley Mental Health & Drug Service, Kununurra W.A.

Some of the key responsibilities of this position are:

- Provide quality assessment, treatment, case management & referral of AOD clients
- Develop & deliver AOD treatment programs, for example the ArtHeal program at Waringarri Aboriginal Arts, & ensuring they are culturally appropriate
- Deliver AOD prevention programs such as Cannabis Diversion Program and Alcohol Interlock Scheme
- Participate in multidisciplinary case conferences & team meetings
- Maintain clinical documentation, reporting and program evaluation
- Provide information, support and education and coordinated care to other human services providers
- Provide culturally competent capacity building in the community via all programs & professional interactions
- Remain client-centered, respectful and utilise trauma informed practices at all times
- Maintain training and clinical supervision as is essential for best practice and to remain current

January 2018 – Acting Team Leader for Kimberley Community Alcohol & Drug Service, Western Australia Country Health Service (WACHS)

2007 - 2016

Practice Lead, Service Coordinator and Senior Clinician - Uniting Care Community, Sunshine Coast, QLD

My role involved coordinating 3 Queensland State Government funded programs – *Parent Support Program, Community & Individual Support Program, Sunshine Coast Integrated Family Safety Response Service* (a program for men who use violence). Additionally a Commonwealth funded program – ‘Communities for Children’. There were 7 counsellors under my direct supervision across these programs.

I maintained a clinical case load supporting individuals with complex needs including mental health issues as well as facilitating groups and offering staff training. I work from a strong trauma informed and creative arts framework.

I have acted in the UCC ‘Program Manager – Parenting’ position on 2 occasions, most recently August/September 2014.

Some of the key responsibilities in this position are:

- Provide leadership, service development and quality clinical supervision.
- Networking and liaising with other service providers and agencies.
- To provide clinical leadership to 11 counselling staff, primarily utilising a creative arts therapy framework for practice
- To provide specialised therapeutic interventions adhering to practice standards.
- To undertake complex assessments, counselling, referrals and case reviews across a range of settings and working with a vast array of issues. Specifically trauma related issues, domestic & family violence, childhood sexual abuse, family of origin issues, grief and loss, dual diagnosis, relationship issues and addictions.
- To develop and initiate activities promoting personal and social development and a sense of belonging and wellbeing in the community.
- Maintain data collection and reporting. Utilising computer based administrative systems for HR needs, risk management and client information management. I used online reporting systems to Government bodies reporting on all 3 programs.
- To provide training for staff development particularly creative art methods and techniques
- To ensure reflective and self care practices are maintained for staff through a creative arts therapy lens
- To supervise Counselling student placements in Masters programs (primarily from University of QLD).

2006-2007

Program Coordinator, Noosa Community Training Centre - “Get Set for Work”:Case management and Counselling 15-17 year olds with the goal of supporting them into further education or employment.

2005 – 2006

Sunshine Beach and Coolumb High Schools counselling students “at risk”

2002 - 2007

Domestic Violence Crisis Counsellor - dvconnect – 24 hour crisis service. This role included working with clients from diverse backgrounds, use of interpreter service, referral to refuge, working with Aboriginal and Torres Strait people in remote communities, working with people in crisis and immediate danger whilst carrying out constant assessment and relationship building over the phone.

CAREER ACHIEVEMENTS & INNOVATIONS

I collaboratively designed a Men's program with neuroscientist Pieter Rossouw focused on prevention of use of violence in relationships. Creative arts interventions were incorporated into the program guidelines. This is a benchmark program in Men's Behaviour Change Programs and utilises brain based principles to support change. I have presented this concept at 2 conferences in 2016 with positive feedback.

Finalist 2015 innovation competition for Uniting Care Queensland. My concept was '*Emotional CPR*' – a technique focusing on de-escalating emotional activation in workplace interactions. My idea was selected then developed by a team, including Deloitte employees, and presented to a panel of executives for final selection. It was decided to be rolled out across Uniting Care Community, Blue Care and Uniting Care Health – over 25,000 staff in total.

I have written and completed a creative arts therapy program for emotional wellness for Indigenous young people – *The Deadly Young Persons Program* - in partnership with Queensland Health (Aboriginal and Torres Strait Islander Health Team) whereby I presented the program in 6 schools to high school students for groups presenting to over 90 participants in total. Feedback was collected and collated with excellent results - the program continues today.

I have been an active member of a UCC state wide working group Aboriginal and Torres Strait Islander Advisory Group. I introduced a *Cultural Capability Checklist*, which has been incorporated into the Uniting Care Community Reconciliation Action Plan and rolled out across the state. The years spent within this group has been working harmoniously with Aboriginal and Torres Strait Islander people.

I introduced a creative arts based 'self care' wellness program for staff with the intention of preventing vicarious trauma, burnout and compassion fatigue and improving team cohesiveness. The team allocated times to spend together focused on general wellbeing utilising trauma informed interventions. Feedback in support of this program has been overwhelmingly positive and resulted in the workforce retention rate being high. This worksite was anecdotally reported as being highly sought after for employees.

Arising from community need, I wrote a creative art based process oriented group program focused on increasing self worth for women. I facilitated these 'Women of Worth' groups for 4 years and it continues to run within the organisation. Other teams within Uniting Care Community have also run the 'Women of Worth' program demonstrating it is transferable program. The program was evaluated by a psychologist over 2 years and was found to be therapeutically beneficial.

I held the role of Community Recovery Coordinator for the Sunshine Coast for 2 years. This involved coordination of staff and volunteers prior to and during natural disaster activations in South East QLD and working closely with Government and other agencies as well as training staff in Psychological First Aid. I was actively involved in the emergency activations for floods, storms and cyclones in QLD from 2008-2012.

I am a Sensorimotor Art Therapist in Private Practice and have recently run creative expression workshops for the following organisations:

- Epic employment agencies 2012
- QPP conference (QLD. HIV Positive Women's Conference) 2012
- University of Southern QLD. – Aboriginal and Torres Strait Islander group 2012
- Uniting Care Community – 'Reclaiming the Passion in Practice' regional professional development day 2013

I present Art Therapy workshops to teachers/social workers/ psychologists/guidance officers & others – see my website: <https://culturecoach.net.au/>

EDUCATION

2010-2013

Post Graduate Diploma Initiatic Art Therapy
(Including Clay Field Therapy – a sensorimotor art therapy technique)

2011 Diploma in Business Management

2009 Systemic/Family Constellations (Bert Hellinger)

2002 - 2005 Master of Gestalt Therapy
(Gestalt Association of Qld. Brisbane)

Memberships

- Clinical member PACFA (Psychotherapy & Counselling Federation of Australia)

Training

- Mandatory Reporting training - Child Sexual Abuse 2018

- Touchstone Child & Adolescent Mental Health Service training WA 2018
- SMART recovery AOD program, certified facilitator WA 2017
- Language and Culture Awareness Training 2017
- DRUMBEAT AOD recovery program, Holyoake training WA 2017
- WA Mental Health Commission training – Amphetamines & AOD Recovery, 2017
- 4WD Advanced Driver Training 2017
- Neuropsychotherapy Practitioner Training – Mediros 2016
- Childhood Trauma Conference – A.C.F. [June 2016 Melbourne](#)
- Working With Men Who Use Violence – Lessons from Neuroscience. Dr Pieter Rossouw [December 2015](#)
- Domestic and Family Violence Conference , [Sydney 2015](#)
- Safe and Together - David Mandel [Brisbane 2015](#)
- Supporting Staff Transforming Trauma (Australian Childhood Foundation) [Brisbane July 2015](#)
- 'Participatory Leadership: The Art of Hosting Conversations that Matter' [July, 2014](#)
- Leading at the Speed of Trust, Franklin Covey. [2014](#)
- Australian Childhood Foundation: Childhood Trauma Conference; Melbourne, [August 2014](#)
- Haptic Diagnosis: Work at the Clay Field. [August 2014](#)
- 'Happiness and it's Causes' [Nov 2013](#)
- 'Understanding and Responding to Trauma and Attachment Issues with Those you Work With' - [Matt Dilges Oct 2012](#)
- 'Bringing Up Great Kids' [Australian Childhood Foundation August 2012](#)
- UCC Indigenous Cultural Awareness Training [2012](#)
- 'I'll See You in Court' [Family Law Pathways Feb 2012](#)
- 'Tweet to Your Hearts Content: The Role of New Media in Mental Health' [Focus Health, May 2011](#)
- 'The Heart of the Moment: Contemporary Gestalt therapy and the Relational Turn' [Dan Bloom Sept 2011](#)
- 'Diagnosis & Assessment In Mental Health' [Brian O'Neill \(MAPS\) 2011](#)
- 'Tapestry of Trauma' [Babette Rothschild Nov 2009](#)
- 'Becoming a Resilient Practitioner: Overcoming Secondary Stress, Burn Out and Vicarious Trauma' [Robert Grant TATRA , May 2009](#)
- 'The Healing Power of Dreams' [Janice Gerard Sept 2009](#)
- 'Client Directed Outcome Informed Clinical Practice' [Scott D Miller 2009](#)
- Psychological First Aid Certificate [2009](#)

Referees

Matt Looker – Kimberley KCADS manager, Broome WA
0418 945 254 or 08 9194 2397

Joanne Trentin - Community Services Manager UnitingCare Community Qld
0409 790 240

Liz Antcliff - Clinical Supervisor/ Sensorimotor Art Therapist and Trainer Qld
0438 163 255