

Astrid Gerrits

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QUALIFICATIONS

2013 Post Graduate Diploma
Family Dispute Resolution
Anglicare WA Training Institute

2011 Cert IV
Bookkeeping
RBA National Training Institute

2002 Bachelor Degree in
Psychology Social Work & Pedagogy (with Honours) at the InHolland University of Applied Sciences

1995 Diploma
Business Administration
Centrum Vakopleiding

PROFESSIONAL PROFILE

- Since 1999 I have practised in various social service fields, such as in a medical, justice, mental health, separation services and disability contexts
- I am a compassionate, holistic and culturally sensitive social services professional and Broome resident, with both international and Kimberley-specific experience, a Bachelor of Psycho-Social Work/Pedagogy and a postgraduate training in Family Dispute Resolution
- Both professionally as personally I like to maintain a high standard of quality in work and life as well as a good balance between work and play
- Others regard me as an innovative and empathetic person and highly skilled professional
- I enjoy broadening and deepening my skills and I like an integrative working environment
- My passion is to support people with a focus on trauma healing and relationship improvement

CURRENT ROLE

Integrative Counselling & Mediation Services - owner and sole practitioner

Focus areas for service delivery:

- Counselling (various modalities, focus: relationships and trauma healing)
- Mediation (various modalities)
- Therapeutic Support and Specialist Support Coordination (NDIS)
- Clinical Supervision

Current registrations and memberships:

- Accredited Family Dispute Resolution Practitioner, Department of Attorney General
- Member of the Australian Association of Social Workers
- Member of the Australian Mediation Association, Accredited under the NMAS

Ongoing practice excellence commitments:

- Individual and group supervision for Brainspotting and Emotionally Focused Therapy
- Peer reflection group attendance for Brainspotting, EFT and Positive Behaviour Support
- Coordinator of the Mental Health Professionals Network in Broome
- Member of the Kimberley Social Worker Network
- Member of ICEFT, the international community of EFT therapists

EMPLOYMENT HISTORY

Family Dispute Resolution Practitioner / Senior Supervisor / Coordinator with the Kimberley Family Relationship Centre (KFRC), AnglicareWA, Broome WA from November 2010 – June 2020

Achievements:

- Strengthening and harmonising the KFRC team across North West WA (6 staff)
- Innovations in the FDR process including Restorative Practice
- Integration of Child Inclusive Practice to standard practice

Main duties:

- Clinical Supervision
- Coordination of Kimberley Family Relationship Centre in all aspects including complaint and serious issues management
- Family Dispute Resolution (mediation) with separated parents/carers
- Child Inclusive Practice
- Conflict/Relationship counselling of children, adults, families
- Community education

Contracts & Finance Coordinator, Land & Sea Management Unit (LSMU) Project Administration Officer, Minyirr Park Project Coordinator with the Kimberley Land Council Aboriginal Corporation, Broome WA from June 2008 – July 2010

Achievements:

- Develop and maintain a structure to ensure efficient planning and actioning in regards to all LSMU budgets/grant monies (110 classes) and all activities related to those funds, including submission writing, reporting etc
- Develop a budget template to make budgeting for ranger groups easier

Main duties:

- Liaise with relevant staff finance staff and auditor
- Liaise closely with Traditional Owners represented by Rubibi Land Heritage and Development Group, the Shire of Broome staff, Kimberley and Minyirr Park on Site Supervisors and Rangers across the Kimberley

Case Manager / Team Supervisor with Cordaan, location 'Parkhof', Amsterdam, The Netherlands from June 2006 - June 2008

Achievements:

- Obtaining post grad qualification towards 'Persoonlijk Begeleider-A role' - Case Manager Positive Behaviour Support
- Successful start up of a new team at a new residential facility with residents between 15-55yo
- Main duties:
- Supervising and coaching of a team of 11 colleagues, whom are responsible for the daily care of the residents in a newly set up residential facility
- Case management/coordination of learning disabled adolescent and young adult residents with behavioural challenges and psychiatric illnesses

EMPLOYMENT HISTORY continued

Case Manager - Correctional/Probation Officer - with the Dutch Probation Service, Amsterdam, The Netherlands from June 2001 - June 2006

Achievements:

- Obtaining post grad qualification towards Correctional/Probation officer - Case Manager role
- Participation in a project team for the development and implementation of a national risk assessment inventory instrument
- Presentation at the Lustrum symposium on the state of affairs and view on the future concerning the ambulant forensic psychiatric treatment centres in The Netherlands. Presentation on the role and tasks of the Probation Service

Main duties:

- Individual case management of offenders (male/female, mostly with psychiatric illnesses including (domestic) violence offenders, clients with dependency problems, sex offenders etc (18+ y)
- Writing advisory and information reports regarding penalties and/or treatment programs for suspects or offenders to the Court (court and parole reports)
- Supervising offenders in the community subjected to Court orders and custodial licenses
- Liaising with police, court staff, children's services and various departments involved (such as housing, alcohol & drug counselling, psychiatric counselling services etc)
- Delivering training to co workers, health professionals and police
- Running various community services programs and trainings like social skills, financial management, aggression regulation, residential training
- Mediation and counselling

Project Coordinator, Psychology Social Worker and Research Assistant with the Emma Children's Hospital at the Academic Medical Centre of the University of Amsterdam, The Netherlands from December 1999-October 2001

Achievements:

- Set up of the first National follow up project for Dutch Pediatric Intensive Care Units (PICU) assisting the medical chief of staff
- Academic research on the long term sequelae and health related quality of life of children after severe meningococcal disease and on the psychosocial wellbeing of their parents
- Co-author of a parent information brochure, now available nationally in hospitals
- Presentation of the project and research results for local, national and international colleagues (Presentation at the world congress of Critical and Intensive Care Medicine, Sydney, 2002. Published in the abstract book)

Executive Secretary (1995-1999)

Emma Children's Hospital at the Academic Medical Centre of the University of Amsterdam (AMC) - Pediatric Intensive Care Unit AMC

Intensive Care Unit AMC

Neonatal Intensive Care Unit AMC

Hogeschool Holland (now University InHolland)

ING International Banking

PUBLICATIONS

- Psychological distress in parents of children after severe meningococcal disease. IA von Rosenstiel, AI Gerrits, MA Grootenhuis, Abstract book Critical and Intensive Care Medicine, Sydney, 2001
- Long-term psychological distress in parents of child survivors of severe meningococcal disease. TR Ehrlich, IA von Rosenstiel, MA Grootenhuis, AI Gerrits, AP Bos, Pediatric Rehabilitation 2005 Jul-Sep;8(3):220-4 and Developmental Neurorehabilitation, 1751-8431, Volume 8, Issue 3, 2005, Pages 220 – 224

VOLUNTEER CONTRIBUTIONS

- Horse carer for Yarwardani-Jan-ga, Equine Assisted Learning (2019- current)
- Alternative to Violence Program Broome (Chairperson and workshop facilitator 2010-current)
- WAFLPN regional representative (2015- 2020)

RELEVANT PROFESSIONAL DEVELOPMENT (not all listed)

2022

- **Brainspotting phase 2** - Brainspotting Australasia Pacific, Salene Souza
- **EFT Intensives training** - Red Therapy Group
- **Brainspotting phase 1** - Brainspotting Australasia Pacific, Salene Souza
- Navigating the neural dance: Applying Poly vagal Theory in to the practice of EFT focused couples therapy - Camille Scent via SFCEFT

2021

- Behaviour & Emotion Management for Children & Adolescents - Attwood & Garnett
- Challenging Behaviour & Classic Autism with ASD- Attwood & Garnett
- Succeeding with Autism in the teens - Attwood & Garnett
- Girls & Women with Autism - Attwood & Garnett
- Exploring depression training in a CBT programme for adolescents and adults with depression and autism - Attwood & Garnett
- Masterclasses: Diagnosis with Children with ASD - Attwood & Garnett
- Intervention with Children with ASD - Attwood & Garnett
- Positive Behaviour Support Quality and Assessment Panel training - NDS
- **Emotionally Focused Family Therapy 2** - South Florida Centre of Excellence in EFT
- **Emotionally Focused Family Therapy 1** - South Florida Centre of Excellence in EFT
- **Emotionally Focused Therapy Core Skills 2** - New Zealand Centre of Excellence EFT
- **Emotionally Focused Therapy Core Skills 1** - New Zealand Centre of Excellence EFT
- Evidence Based EFT for Traumatized Communities repeat - Dr Lori Leyden, PhD, MBA
- Emotionally Focused Family Therapy - 1 and 2 - SFCEFT
- **Emotionally Focused Therapy Externship** - Australian Centre of Excellence in EFT

2020

- **Positive Behaviour Support** - NDS (Aug-Nov 2020)
- Property Law and Practice Skills for Mediators training - AISF
- **Property Mediation advanced training** - UWA
- Youth Mental Health First Aid training - KAMSC

2019

- Evidence Based EFT for Traumatized Communities training - Dr Lori Leyden, PhD, MBA
- Courageous Conversations workshop, The Centre of Non Violent Communication
- Child Inclusive Practice Forum - Darwin NT
- People Management training - Lara Steel
- Reflective Practice Supervision training - Lara Steel

2018

- Cultural Awareness & Intelligence training – Robert Watson, Gulbujargu Pty Ltd
- WA FRC training day, WAFLPN (presenter and participant)
- Mental Health & Trauma + Self Care workshop – Dr Katie Carter, Anglicare WA

2015

- Working With Perpetrators workshop - Tori Cooke, Anglicare WA
- EMDR and Schema Therapy, An Introduction. Mental Health Professional Network - Graham Taylor
- Alternatives to Violence Project (AVP) National Training Gathering - AVP NSW

2014

- Controversies and Dilemmas in Couples Therapy training - Paul Gibney Ph.D.
- **Narrative Mediation Training** - John Winslade Ph.D.
- **Property Mediation Training** - Dr Alan Campbell, Curtin University WA

2013

- **Supervision Training** - Dr Alan Campbell, Anglicare WA
- Protective Behaviours - Protective Behaviours WA Inc
- Cognitive Behavioural Therapy Fundamentals - Australian Psychological Society

2012

- **FDR Child Inclusive Practice Training** - Farida Lang, Anglicare WA

2011

- **Restorative Practice Framework Training** - Terry O'Connell
- Essentials of Narrative Therapy - Ian Percy

2010

- Assist training - StandBy Suicide Response Service
- **Cross-cultural training** - Kimberley Interpretive Service

2009

- Basic, Advanced and Facilitator Level Alternative to Violence Program - AVP WA

2003

- **Reporting to the Court** Certificate - SRN