

Dr Larisa Bardsley

Curriculum Vitae

*PhD BBSC(Hons) MPsych (Clinical) MAPS
Clinical & Counselling College Member*

*Clinical and Transpersonal Psychologist
REGISTERED SUPERVISOR*

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Online sessions

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Key Achievements

- Awarded the Nancy Millis Medal of excellence for her PhD: *A Creative Exploration of Self*, 2018.
- Published *Returning Home*, 2017, a life-writing and creative arts illustrated novel of narratives of the self.
- Created, directed and edited *Returning Home*, 20-minute short film, 2017.
- Supervisor of psychologists and professionals facilitating deep reflective practice to enhance creative and compassionate witness of their own narratives and those of people with whom they work.
- More than 29 years of counselling experience with clients from diverse backgrounds on a range of needs:
 - Trauma
 - Anxiety and depression
 - Relationship and family issues
 - Grief
 - Stress
 - Mindfulness, Positive Psychology
 - Workplace and Rehabilitation
 - Life meaning and enhancement
 - Self-esteem and Identity
 - Cultural issues
 - Addictive behaviours
 - Life Transitions
- Senior Psychologist at RMIT Counselling Service, Supervisor and Co-ordination of the Intern placement program, provision of psychological and counselling for complex clinical presentation, training, supervision and leadership and Project Management in a team environment.
- Established Private Supervision and Clinical Practice in Melbourne.
- Established and ran a successful private practice and consultative service for seven years with a primary client base in the Northern NSW and Southern Queensland regions.
- Effectively managed a key Employee Assistance Provider (EAP) in Darwin for two years. This work included the supervision and training of five psychologists toward Board registration.
- Provided consultant psychologist services for four years to The Buttery, a NSW based, residential drug and alcohol service.
- Completed a major research project (qualitative and quantitative) for the Victorian and Northern Territory Government on the needs of women with alcohol and drug problems, injecting drug users.
- Delivered a communications project for Melbourne University Student Services that comprised a series of short films. Project work included the research of each welfare service, collaborative structuring of a unique

communication strategy for each service and the actual production of the short films.

- Creator, Director, Interviewer, Producer and Editor of a communications project for Melbourne University Student Services that comprised a series of 7 short films(Uniview). Project work included the research of each welfare service, collaborative structuring of a unique communication strategy for each service and the actual production of the short films. Launched on Melbourne University Website, April 2008.
- Director, Writer, Producer for Multi-media initiative for Maximizing Academic and Personal Potential (MAPP) at RMIT. Production of Audio Podcasts, Coordination of the project including Internet web-design, web-based information packages and learning initiatives, Script writing, Direction of Podcasts and Interviews with student and staff. Launched on RMIT website Feb 2008.
- Ongoing involvement in the production of ‘Words of Peace’ screened on community television Channel 31. Activities include working with teams of volunteers, planning and design of communication strategies for television audiences, editing, hosting, promotions and marketing.
- 4 week and a 7 week Radio Show, Art and Creativity, Radio Port Phillip, Lara Bardsley interviewed by Brodie Goozee, 2017; 2014.

Memberships

- Member of the Australian Association of Psychologists Inc (AAPi)
- Honorary Adjunct, Swinburne University of Technology, 2019
- Honorary Associate, La Trobe University Melbourne, 2019
- Australian Psychological Society - APS (full membership 26 years)
- Australian Health Practitioner Regulation Agency (AHPRA). Registered Psychologist
- AHPRA registered Supervisor for all pathways for registration as a Psychologist (4+2, 5 + 1, Post Graduate, Clinical and Counselling College Membership)
- The APS College of Clinical Psychologists, since 2011
- The APS College of Counselling Psychologists, since 2010
- Registered supervisor toward membership of APS Counselling College
- Registered supervisor toward membership of APS Clinical College

Education and Professional Development

- On-going Online Training with Thomas Hubl, Inner Science from 2022 – current
- Dying Every Day, Meditation, Transformation and the Bardos, Yongey Mingyur Rinpoche, 2 day training December 2023
- Internal Family Therapy training, Richard Schwartz, online 2019, 2021, 2023
- PhD, Creative Arts, Humanities, La Trobe University, 2018
- Personal Supervision in Jungian Analysis since 2005- Current
- Board approved Supervision training refresher & Master class, Frankcom, 2016
- Peer Supervision, RMIT Counselling Service, 2007 – 2015
- The Neuroscience of Depression, New opportunities for Effective Treatment, Pieter Rossouw, 2 day training, June 2013.
- Supervision for Registration, Daphne Hewson, Psychology Board of Australia, November 2012
- Personal development, Prem Rawat, Self- Knowledge conferences, national and Internationally, annually, 2000 to current.
- Certificate in Supervision, Michael Carroll, 42 hour training, Melbourne, 2012

- Acceptance and Commitment Therapy (ACT) 2-day Advanced Training. Dr Russ Harris, 2012.
- The 12th International Asia Pacific Student Services Association Conference, Brisbane, 2012
- Cognitive Analytical Therapy, 2 day training, Louise Mc Hutchinson, ORYGEN, 2009
- Peer Supervision, Melbourne University Counselling Service, 2005 - 2007
- Studies in Social Ecology (University of Western Sydney) 1998 – 2004
- Masters of Clinical Psychology (La Trobe University) 1991-1993
- Bachelor of Behavioural Science (Hons) (La Trobe University) 1986 -1990
- Post graduate study in Transpersonal Psychology (Completion of 7 modules in Transpersonal Breathwork) – Stanislav Grof 1993 - 1998
- Post Graduate studies in Fine Art, PGFA , Victorian College of the Arts, 2004-2009
- Acceptance and Commitment Therapy (ACT) 2-day introductory Training. Dr Russ Harris, 2008.
- Critical Incident Stress Debriefing. Tunnecliff Emergency Support Network (WA).
- Crisis Intervention Tunnecliff Emergency Support Network (WA).
- Advanced Systemic Practice. Bower Place Pty Ltd
- Eye Movement Desensitization and Reprocessing (EMDR Level 1 and 2). Francine Shapiro.
- Emotional Release Counselling Workshop by Steve and Patricia Nolan.
- Training Workshop for Supervisors. Australian Psychological Society (WA Branch)
- The Living Enneagram. Hays
- National Family Therapy Conference (Adelaide)
- Mediation Training, REFS, April, Brisbane
- Training Small Groups, TAFE, Northern NSW

Employment History

Honorary Associate

La Trobe University, School of Humanities and Social Sciences.

Current

- Academic Creative Researcher- publications and collaborative research.

Honorary Adjunct

Swinburne University of Technology

Current

- Provision of supervision for Clinical Masters and Doctorate students during their placements at the Swinburne Psychology Clinic.
- Casual Lecturing in Psychology and Counselling departments.

Registered Supervisor, Clinical and Counselling Psychology and Professional Mentoring

Private Practice.

2018 - current

- Mentoring -Providing creative and depth psychology orientated reflective practice supervision and mentoring for personal and professional development.

- AHPRA Registered and experienced Supervisor, with 20 plus years experience. Providing Supervision and professional development in depth psychology and reflective practice from a creative, transpersonal and self-compassionate framework for psychologists at all stages of their career and toward specialist registration for membership of Counselling and Clinical Psychology Colleges.
- Provision of Clinical and Counselling Psychological services.

PhD Candidate

La Trobe University – Creative Arts / Humanities.

2015 – 2018

- Conducted Creative, transpersonal research that investigated the question: *What does it mean to know the Self?* A project that utilised fine art, photography, film and life writing within a Buddhist and depth psychology framework. *Awarded the Nancy Millis Medal, 2018.*

Senior Psychologist

RMIT - Student Counselling Service

2007 – 2015

- Counselling and Training for Students at RMIT University
- Co-supervisor of Intern training program
- Liaison and Project co-ordination of skill enhancement projects for Academic Portfolios.
- Responsibilities for management and direction of a team of psychologists, participation in collaborative initiatives across the University.
- Research, Funding submissions and Project design and Management.
- Project Manager of Work Integrated Learning, Student Well-being projects
- Direction and Production of Multi-media and web-based, student orientated and health promotion initiatives.
- Supervision of Intern Psychologists toward Registration

Psychologist

Private Practice

1993– current

- 29 years experience in provision of psychological services
- Trauma specialist, work with identity issues, grief, anxiety, depression, relationship and developmental issues, personal growth and self awareness for individuals and teams and groups, adolescents and adults.
- Supervision of Psychologists for Clinical and Counselling College Membership. Supervision of experienced Clinical and Counselling Psychologists
- Experienced in provision of clinical and training services throughout NSW, Queensland, Northern Territory and Victoria. Based in Melbourne.
- Expertise in rehabilitation, workers compensation and case management.
- Provision of consultancy and training services.
- Principal Psychologist, Development Recruitment, Liaison, Marketing and management of successful private practice.
- Training in Clinical and Counselling Psychology, Jungian Analysis (11 years continuing), Transpersonal Psychology Training, Experience in Systemic, Narrative, Cognitive Behavioural, ACT, Mindfulness and Developmental based Practices.

Communications Consulting.

Channel 31 Words of Peace, Melbourne University and RMIT University/ Radio interviews

2004 – 2014

- Interviewing and hosting on Channel 31 for Words of Peace TV Melbourne
- Creation, Direction and Production and Interviewing for 7 short Films for Melbourne University Well Being Services.
- Direction, Production and Interviewing for short Films for RMIT University Student Services Group.
- Making and direction of Films related to Street Performers and Artists for Melbourne Street Arts Project.

Locum Psychologist

Melbourne University - Student Counselling Service

2006-2007

- Psychological counselling and training for staff and students at Melbourne University and Victoria College of the Arts .
- Assessment and referral for psychological illnesses.
- On-call counselling, crisis management and trauma experience

Consultant Psychologist and Human Resource Consultant

The Buttery

Binna Burra, NSW

1999 – 2003

The Buttery is an alcohol and drug agency comprising a gambling service, a therapeutic community and an outreach specialist team providing clinical services, community education and therapeutic and support groups for people with addictions and dual diagnoses in the Northern Rivers region.

- Provision of consultancy services for the Director, the INTRA and Gambling teams
- Clinical supervision, team supervision, conflict resolution, mediation, team facilitation, clinical training, staff development and performance appraisal.
- Professional advice to the Director on management, clinical issues, evaluation and program development

Senior Psychologist/ Manager of Counselling Service

Employee Assistance Service (EAS)

Darwin

1995 - 1997

EAS provided counselling, training and consulting services to individuals and organizations in the Northern Territory.

- Budget and administrative management, forward planning, recruitment, service efficiency evaluations, grievance management, roster and leave management and client needs analysis.

- Supervision and training of a team of six psychologists, including formal appraisals.
- Primary provider of trauma counselling and critical incident debriefing for Darwin city.
- Provision of counselling and psychological services for remote communities.
- Team building and liaison with other Northern Territory agencies.
- Development of resource materials.

Project Co-ordinator/Researcher

Salvation Army/Northern Territory Government.

March 1994 - September 1994

- Planning, design, implementation and co-ordination of a comprehensive investigation documenting the factors influencing women's drinking in Darwin.
- Needs analysis for Aboriginal and non-Aboriginal women.
- Networking with organizations, liaising and designing an interview format, conducting interviews and collating, synthesizing and documenting oral information.
- Discussion and negotiation with advisory committee, funding bodies, health care workers and consumers.
- Writing, design and promotion of the report within Government, non-Government and general public areas.
- Follow-up and recommendations of future directions, media campaigns, training agendas and raising public awareness.
- Talks and feedback sessions to a wide variety of providers and consumers. Media release, interviews, and writing articles related to research.
- Management of budget, reports and accountability to funding bodies and advisory groups.

Publications:

Bardsley, L. (2023). Embodied Ecologies, An intimate Relationship with the Psyche. 1 Jun 2023. Quadrant L11(1) 79-94 (15 pages). C.G. Jung Foundation for Analytical Psychology.

Bardsley, L. (2020). Creatively exploring Self: Applying organic Inquiry, a transpersonal and intuitive methodology. *The Qualitative Report*, 25(7). Retrieved from <https://nsuworks.nova.edu/tqr/vol25/iss7/16>

Bardsley, L. (2019). Wholeness as a creative exploration of Self. *Survive & Thrive: A journal for Medical Humanities and Narrative as Medicine*. Retrieved from https://repository.stcloudstate.edu/survive_thrive/vol4/iss1/16

Bardsley, L. (2019). *Chronic illness and the Persephone myth*. Retrieved from https://www.academia.edu/38611679/Illness_and_Persephone

Bardsley, L. (2019). *Understanding Self as Persephone*. Retrieved from https://www.academia.edu/38527237/Understanding_Self_as_Persephone_3.doc

Bardsley, L. (2019). *Persephone Project 2*. Retrieved from https://www.academia.edu/38527122/Persephone_project2.doc

Bardsley, L. (2019). *Understanding Persephone*. Retrieved from https://drive.google.com/open?id=1wLLsDU-1On7pUvcuWXst-IewM_tQoHjq

Bardsley, L (2018) *Returning Home: A Creative Exploration of Self* (Doctoral Dissertation), La Trobe University, Melbourne, Australia. Bardsley, L (2017) *Returning Home*, Australia: Blurb

Bardsley, L (2017) *Returning Home - Film, Premiere*, October 12th, Kinross Arts and Spirituality Centre, Melbourne, Australia

Bardsley, L. (2017) '*Returning Home -The Power of the arts to speak to the stories within us*', film screening and keynote address, at Rowntree, C., & Wishcher, L. (2017), *2017 Art for Well being Opening Night* Queenscliff: Queenscliff-Port Lonsdale Uniting Church. May 5th 2017

Bardsley, L (2015) *Providence: Understanding the Self- a psychologist's life story* (ebook), CUT a long story, (online)
<http://www.cutalongstory.com/stories/providence/10549.html>

Bardsley, L (2015) *Providence: Understanding the Self- a psychologist's life story* (book 1), Kindle DX version: Amazon.com.

Brodie Goozee, *Lara Bardsley speaking on Art, Story and the Self*, (4 part series), RPP FM Soul 2 Soul, Radio Interview, November 2017, podcast <http://larabardsley.com/244-2/>

Bardsley, L (2015) Psychology and Creativity, cover art and article, Australian Psychological Society, *Inpsych*, Vol 37 (3), June 2015

Bardsley, L. (2011) Reflections: Creativity and the Inner World. Australian Psychological Society: Congruence: Newsletter of the College of Counselling Psychologists, Volume 10 (3), p 19-20.

Bardsley, L., Chester, A. Vivekananda, K , Towl, D and Outhred, T. (2010) Create, Contribute and Connect. BOUNCE, the story of how RMIT students are building a wellbeing community. Paper for Publication in The 12th International Asia Pacific Student Services Association Conference, Brisbane, 2010

Bardsley, L. (1998) Spontaneous Emergence of the Spirit: Understanding a New Consciousness. The University of Sydney: The Spirituality, Leadership and Management Conference.

Bardsley, L. (1995) Meeting the Requirements of Injecting Drug Users in Darwin. NT Government: Living with Alcohol.

Bardsley, L., (1994) Meeting the needs of women with drinking problems in Darwin. Monograph. NT Government: Living With Alcohol.

Bardsley, L., (1994) Meeting the needs of women with drinking problems in Darwin: Where does the Salvation Army fit in? NT Government: Living With Alcohol.

Bardsley, L., Schaffer, W., Crundall, I., Kronborg, I., and Coleman, G. (1993) Characteristics of women with histories of sexual, physical, verbal and emotional abuse and drug dependence. Part 1. Submitted for publication in "Addiction".

Bardsley, L., Schaffer, W., Crundall, I., Kronborg, I., and Coleman, G. (1993)

Characteristics of women with histories of sexual, physical, verbal and emotional abuse and drug dependence. Part 2. Submitted for publication “addiction”.

Bardsley, L., Schaffer, W., Crundall, I., Kronborg, I., and Coleman, G. (1993)
The Relationship Between Abuse History and Substance Use In Women and The Role Of Women-Only Treatment Programs.

Conference presentations:

- 2019 **IABA Europe conference – Knowing the Self: Auto/Biographical Narratives and the History of Knowledge.** *Creatively exploring Self: The power of the arts to voice emergent self-narratives – a film. Returning Home* by Lara Bardsley, Film Screening, Universidad Complutense de Madrid (Spain), June 19-21, 2019.
- 2017 **Representations of Home,** *Returning Home: A Creative Exploration of Self,* film screening and panel discussion, University of Lisbon, Lisbon, November, 2017
- 2017 **The 2017 Film and History Conference - Representing Home: the Real and Imagined Spaces of Belonging:** *Returning Home* by Lara Bardsley, Film Screening, Milwaukee, USA, November, 2017
- 2017 **C21 Storying the Self Conference:** *Returning Home* by Lara Bardsley, Film Screening and panel discussion, University of Brighton, UK, March, 2017
- 2016 **Inaugural Narrative Health and Wellbeing Conference -Enlightened Narratives:** *Talking to Our Selves, The Healing Potential of Narratives Across Thresholds,* Central Queensland University, January, 2016
- 2016 **Looking Inland, Moving Inland:** *Creative Arts Based Research on Inland Territory,* La Trobe University, Melbourne, 2016
- 2015 **IABA Asia-Pacific conference,** *Narratives of the extraordinary: Reflections from a film-based Transpersonal Researcher,* Adelaide, 2015

Ongoing personal development

Regular supervision with a Jungian and Counselling Psychologist, Daily meditation and mindfulness practice. On-going development with Buddhist, Transpersonal and Mindfulness based psychologists and teachers.

Other Interests

Yoga, piano improvisation, writing, community development, Animal Welfare, environmental issues, walking, swimming, meditation, documentary making, fine Art, photography, being in nature.

Referees

Available on request.