



HIROMI OGATA

COUNSELLOR / ARTS PSYCHOTHERAPIST

HIROMI came to Australia 14 years ago to study counselling and psychology. Through her 8 years of studies in Brisbane, her passion grew for working with people in grief and loss. HIROMI supports people experiencing depression, anxiety, trauma, identify loss, cultural issues, relationship, cancer related issues, and other health challenges. HIROMI has special experience in working with people who have a life-threatening illness and their family members. Some are traumatised young people and some are elderly with unfinished business. **Grief is a natural response to loss. The more significant the loss, the more intense the grief is likely to be.**

HIROMI's learning from counselling clients is that **regardless of age, gender, or cultural background, we all want to be true to ourselves and live to the full each day.** Counselling and Arts therapy can

- ❖ Provide a safe space for you to talk or express your feelings without fear of being judged
- ❖ Assist you in finding your forgotten resources and strengths, and
- ❖ Reconnect with yourself and others, and
- ❖ Support your change and growth

If you sensed or felt some connection with these words, please contact me at:

EMAIL: counselling@hiromiogata.com.au

Bachelor of Applied Social Science (Counselling) / Master of Counselling (University of Queensland)
Arts Psychotherapist (Grad Dip)

Registered as Clinical Member of Psychotherapy and Counselling Federation of Australia (PACFA)
Clinical Member of Queensland Counselling Association (QCA)

Member of Palliative Care Queensland / Member of Australian Centre of Grief and Bereavement

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