



ZEN MIND - BODY KIND

Mindfulness2Be | Regina Gerlach Psychology | Contemplative Prac

CLINICAL PSYCHOLOGY | EMDR | COUPLE THERAPY | MINDFULNESS | GROUP THERAPY | SUPERVISION

Regina Gerlach

VISION STATEMENT

Empowering Minds | Nurturing Psychological Growth and Mindful Resilience

Vision last updated Saturday, 24 June 2024

In the heart of my practice lies a profound vision: to cultivate a sanctuary that nurtures psychological growth, resilience, and mindfulness. I envision a world where individuals are not only understood and supported but also empowered to navigate the complexities of their inner lives with compassion, equanimity, and strength. My commitment is to offer a contemplative and healing space that respects the uniqueness of each journey, encourages personal development, and fosters a deeper connection with oneself and others.

Core Values

- **Compassionate Understanding:** I prioritise empathy and compassion in all interactions, recognising the courage it takes to embark on a journey of self-discovery and healing. My approach is always kind, gentle, and supportive, creating an environment where individuals feel truly seen and heard.
- **Mindful Presence:** Mindfulness is at the core of my practice. I believe in the power of being present with one's experiences, thoughts, and emotions in a non-judgmental way. This awareness fosters clarity, insight, and a deeper understanding of oneself and the world.
- **Psychological Safety:** Creating a safe and confidential space is paramount. I am dedicated to ensuring that every individual feels secure and supported, enabling them to explore their thoughts and feelings openly and without fear.

REGINA GERLACH PSYCHOLOGY | MINDFULNESS2BE

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- **Equanimity:** I strive to maintain a balanced and calm approach, encouraging individuals to cultivate a similar sense of inner peace and stability. Equanimity allows us to face life's challenges with grace and resilience, promoting emotional well-being.
- **Encouraging Growth:** I am committed to fostering an environment that encourages personal growth, self-reflection, and continuous learning. By supporting individuals in their journey towards self-improvement, I help unlock their potential and facilitate meaningful change.
- **Supportive Relationships:** I believe in the power of therapeutic relationships built on trust, respect, and mutual understanding. These relationships are a cornerstone of my practice, providing the foundation for effective therapy and lasting transformation.
- **Empowering Individuals:** My goal is to empower each person to find their own path to well-being. Through tailored approaches and evidence-based practices, I equip individuals with the tools and resources they need to overcome obstacles, achieve their goals, and lead fulfilling lives.
- **Inclusivity and Diversity:** I honour the diversity of human experience and strive to create an inclusive environment that respects all backgrounds, identities, and life experiences. Recognizing the richness of varied perspectives, I am committed to being culturally sensitive and aware in my practice.
- **Ethical Integrity:** I uphold the Psychology Board of Australia standards of professional ethics and integrity. My practice is guided by a commitment to confidentiality, honesty, and respect for the autonomy and dignity of every individual. Further information can be obtained here [\[Link\]](#).
- **Collaborative Exploration:** I view the therapeutic journey as a collaborative exploration between the therapist and the individual. Together, we navigate the path of healing and discovery, drawing on the strengths and insights of both to foster a deeper understanding and promote lasting change.

My vision and values are more than just words; they are a commitment to creating a transformative experience that supports mental health, well-being, and personal growth. In my practice, I strive to embody these principles in every interaction, offering a compassionate and mindful space where individuals can thrive.

In Kindness

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