# Emma Furner

*Registered Psychologist · Integrative Psychotherapist · Trauma-Sensitive Yoga Teacher*

Brisbane, Queensland · admin@emmafurner.com.au · emmafurner.com.au · Ahpra registration PSY0000979204

PROFESSIONAL OVERVIEW

Psychologist and integrative psychotherapist with more than twenty years in mental health, spanning community and youth services, rural and remote practice, research, clinical leadership, private practice and specialist multidisciplinary care. My work draws on relational, psychodynamic, experiential and somatic approaches alongside evidence-based psychological therapies. I also offer professional supervision and trauma-sensitive yoga.

## Professional experience

MAY 2011 – PRESENT

### Psychologist, owner and operator

**Private practice (formerly Psychology & Wellbeing), Brisbane & Gold Coast**

Psychological assessment and individual psychotherapy for people aged 16 and over, across trauma, anxiety, mood, relationships, eating and body image concerns; group and individual yoga; service provision for diverse communities.

NOV 2025 – PRESENT

### Psychologist — Psychedelic-Assisted Therapy Program

**Empax Centre, Brisbane**

Psychological preparation, therapeutic support during medicine sessions and integration within a psychiatrist-led multidisciplinary service.

SEP 2019 – PRESENT

### Psychologist

**Weight Management Psychology, Brisbane**

Assessment and psychotherapy for eating disorders, disordered eating, body image and weight-related distress, and for the concerns that so often accompany them — trauma (relational, attachment and single-event), stress, anxiety, mood and neurodivergence; bariatric and medical weight-management psychology; multidisciplinary collaboration and psychoeducation.

JUL 2017 – 2021

### Psychologist

**Veteran Health Association, Gold Coast**

Psychological and wellbeing support for veterans and their families within an integrated health setting; group yoga and mindfulness programs.

MAY 2011 – OCT 2013

### Clinical manager

**headspace Southport, Gold Coast**

Clinical leadership and governance in youth mental health; intake and risk management, staff consultation, supervision, service development and multidisciplinary collaboration.

OCT 2010 – MAY 2011

### Psychologist, Australian Youth Ambassadors for Development

**Visayan Forum Foundation, Manila, the Philippines**

Psychosocial services and therapeutic groups for women and children affected by human trafficking; service needs assessment and staff training.

JAN 2008 – SEP 2010

### Psychologist

**Royal Flying Doctor Service, Longreach & Cape York**

Psychological assessment, treatment and community education in rural and remote communities, including culturally responsive work with Aboriginal and Torres Strait Islander peoples.

FEB – JUL 2007

### ESL teacher

**Zhuyoue English College, Guilin, China**

English language teaching for adult learners in a cross-cultural educational setting.

NOV 2005 – FEB 2007

### Senior client research executive

**ACNielsen, Sydney**

Design and management of qualitative and quantitative research for government, not-for-profit and pharmaceutical clients; analysis, reporting and stakeholder presentations.

MAY 2004 – NOV 2005

### Research assistant

**Nursing Research Unit, Royal Rehabilitation Centre, Sydney — affiliated with the University of Western Sydney**

Supporting an associate professor's qualitative and mixed-methods rehabilitation studies: study design, interviews, literature reviews, thematic analysis, reporting, and ethics and grant support.

MAY 2002 – MAY 2004

### Adolescent mental health worker

**Kurinda Adolescent Service, Sydney**

Psychosocial support and case management for young people experiencing mental illness in supported accommodation; psychoeducation and multidisciplinary care.

## Education, qualifications & registration

| | |
|---|---|
| Bachelor of Psychology (Honours), Charles Sturt University | **2006** |
| Registered Psychologist, Psychology Board of Australia (Ahpra) | **since 2008** |
| Certificate IV in Training & Assessment | **2007** |
| 200-hour Yoga Teacher Certification, Yoga Tapovan, Rishikesh, India | **2008** |

| | |
|---|---|
| Certificate III & IV in Fitness, yoga specialisation | **2013** |
| iRest Yoga Nidra Teacher Training, Level 1 | **2018** |
| ANZAED Credentialled Eating Disorder Clinician Program | **2022** |
| Registered Yoga Teacher, Yoga Australia | **since 2023** |

## Continuing professional development

### PSYCHOTHERAPY

Intensive Short-Term Dynamic Psychotherapy core training (2022–2024) · Somatic Psychotherapy (2021) · Fundamentals of Emotion-Focused Therapy (2018) · Internal Family Systems, ongoing since 2025 · Psychedelics for Clinicians (2019) · Psychedelic-assisted therapy training, Empax Way (2025)

### TRAUMA & ATTACHMENT

The Body Keeps the Score, Bessel van der Kolk (2018) · The Neurobiology of Attachment, Allan Schore (2019) · The Wisdom of the Body, Pat Ogden (2019) · Somatic Approaches to Healing Trauma (2021) · Cognitive Processing Therapy (2016)

### EATING, WEIGHT & BEHAVIOUR CHANGE

CBT-E (2022) · Focal Psychodynamic Treatment for Anorexia Nervosa (2023) · Interpersonal Psychotherapy for Eating Disorders (2022) · HAPIFED (2026) · Intensive Training in Addictions, Queensland Health (2009) · ACT and CBT

### YOGA & SOMATIC

Trauma-Aware Yoga (2013) · Yoga Therapy for Depression (2017) · Restorative Yoga (2018) · iRest Yoga Nidra (2018) · The Roots of Yoga: Decolonizing Your Practice (2021)

### CROSS-CULTURAL PRACTICE

Working Cross-Culturally in Developing Countries, Australian National University (2012) · Developing Cultural Competence in Working with Aboriginal Clients (2008) · Cross-cultural competence (2012) · Counselling sexual diversity (2012)

### OTHER TRAINING

Neurodiversity in Women: Therapeutic Strategies for Empowering Women with Autism or ADHD, PESI (2026) · Understanding the Military Experience, Department of Veterans' Affairs (2016) · Understanding the Impact of Trauma & Abuse (2010)

## Memberships, service & recognition

### MEMBERSHIPS & SERVICE

- Australian Association of Psychologists Inc (AAPi)
- Yoga Australia
- Honorary Teaching Fellow, Bond University (2012–2013)
- Reconciliation Action Plan Committee (2012–2013)
- Editorial Review Board, Journal of the Australasian Rehabilitation Nurses' Association (2005–2008)

### AWARDS & RECOGNITION

- Golden Key International Honour Society, lifetime member
- James Hardie Honours Scholarship Award, Charles Sturt University (2002)