

Healing Moments

Psychotherapy and Counselling

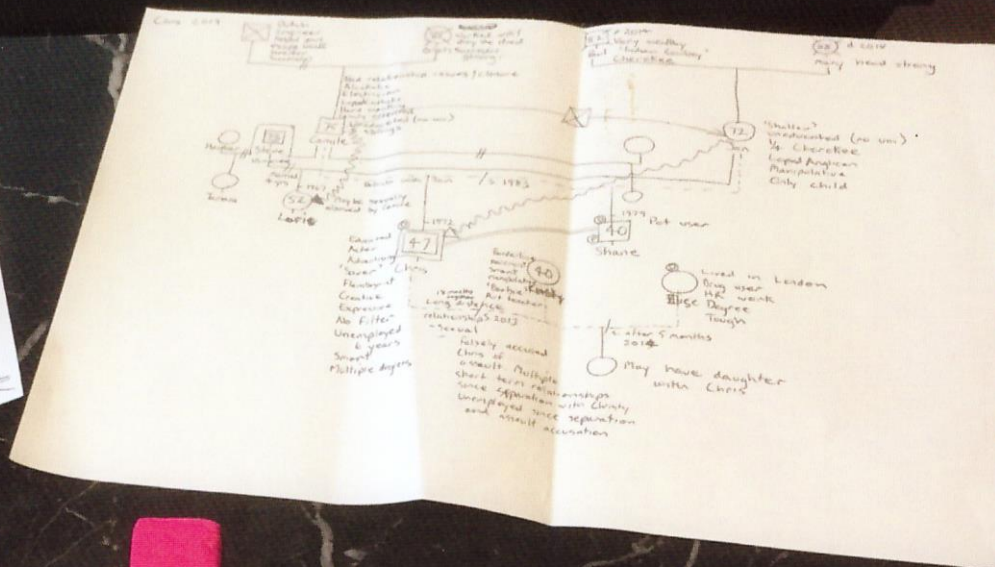
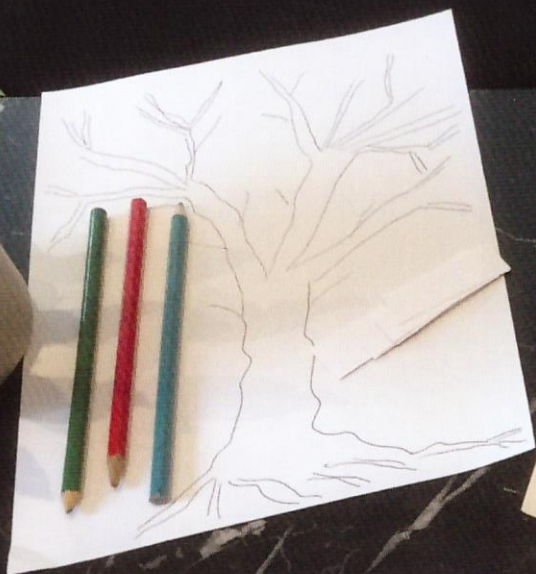
For mental health and life challenges

Dr Frank Valzano, PhD
PACFA Reg. Clinical (ID 27495)
Psychotherapist

Healing Moments
(02) 8000 0047

Master of Psychotherapy and Counselling
BSc(hons), PhD (Natural Sciences)

<https://healingmoments.com.au>



What we do

We help young adults to the elderly with mental health issues and/or life challenges.

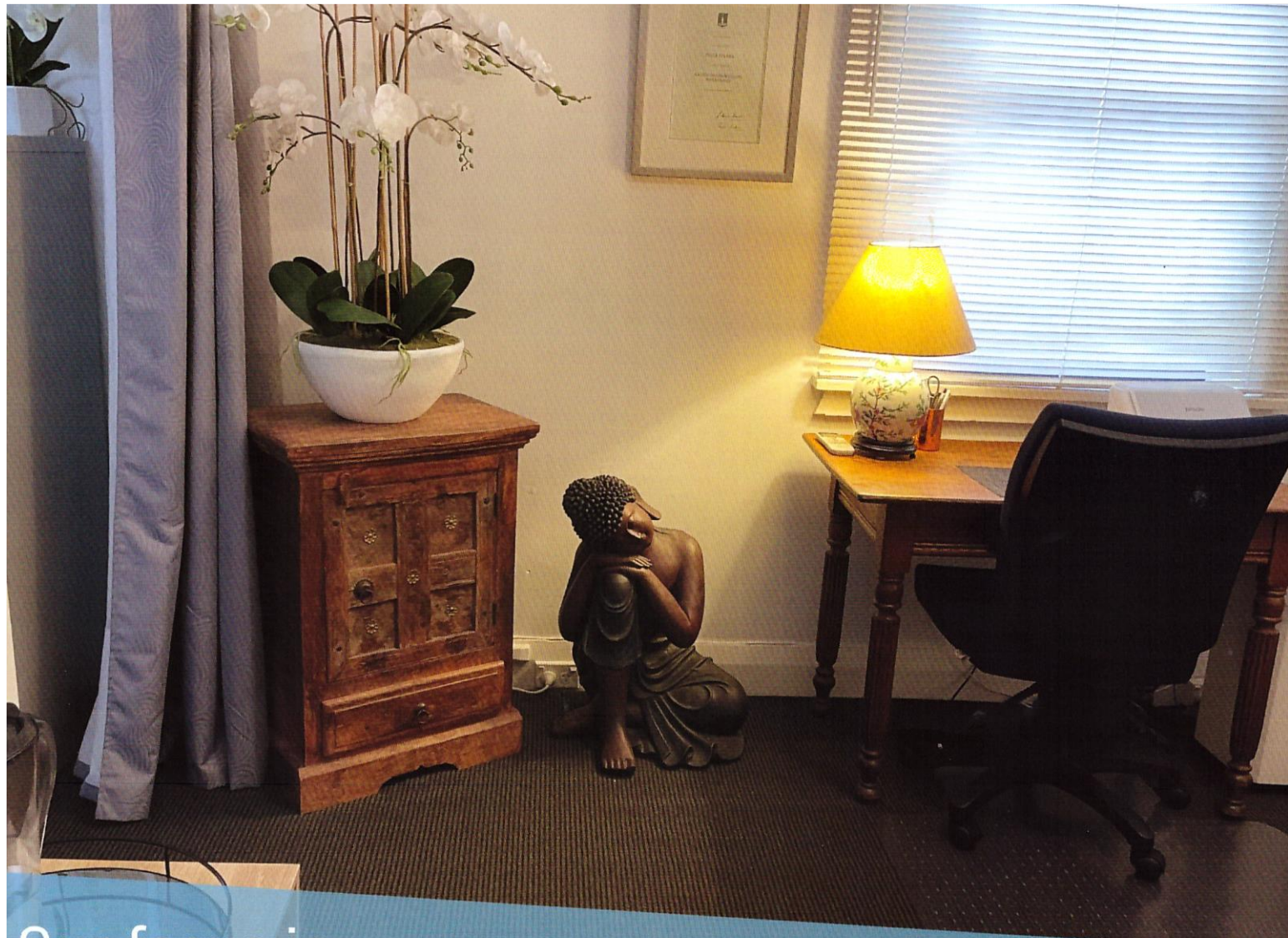
Mental health and life issues

- Depression and Anxiety
- OCD
- PTSD and Complex PTSD
- Prolonged Grief Disorder
- Bipolar
- Dissociative disorders
- Schizophrenia
- Coping skills
- Domestic violence
- Grief and loss
- Relationships
- Self-esteem
- Self-harming
- Suicidal ideation

Supported health funds

AHM Health, ARHG, Bupa, HCF, Medibank Private, NDIS

Dr Frank Valzano, PhD



Our focus is you

Therapy is a journey we will travel together.

Healing Moments is an integrative psychotherapy practice - attuned to your needs. This intuitive and dynamic approach addresses both the symptoms you are feeling and also the underlying aetiology.

Our bottom-up (body), top-down (brain) framework uses evidence-based modalities and interventions including art therapy, CBT, emotionally focussed, EMDR, experiential, family systems, mindfulness, person-centred, positive psychology, psychodynamic, psychoeducation, SFBT, somatic, trauma-informed and walk and talk therapy.

As therapists our goal is to help you find a path towards the resolution *you* are seeking and/or the best you, you can become.



Registrations and certifications

Frank Valzano is a Registered Clinical Therapist and a Certified Practising Counsellor with the Psychotherapy and Counselling Federation of Australia (ID 27495). Frank is also a Griefline Accredited Counsellor, with Advance Grief Theories training. In addition, he has Mental Health First Aid Certification and Applied Suicide Intervention Skills Training.





Our practice

Healing Moments provides a non-judgmental, safe space for people seeking support. Everyone's context and needs are different; we utilise evidence-based techniques and strategies commensurate with the needs of our clients.

About Frank Valzano

In addition to being a mental health practitioner, Frank is a sessional academic in the Master of Psychotherapy and Counselling program at WSU. He also works as a crisis counsellor for Lifeline, and previously as a psychotherapist at a walk-in centre in Darlinghurst.

Frank has a Masters in Psychotherapy and Counselling with Distinction (WSU); Dean's Merit List for every year of study. He also has a first class honours degree and a doctorate in a natural sciences field from the ANU. He was awarded a bursary for his undergraduate studies (ANU) and received several university, government and industry scholarship offers and grants for his PhD research.



Practice hours

Monday 8:00am - 6:00pm
Friday 8:00am - 6:00pm

Zoom sessions, telephone or walk and talk therapy are available at different times/days. Home visits are also available within 20 minutes driving time of Gladesville.

Free 15 minute phone consultation
(02) 8000 0047

Healing Moments

199-201 Victoria Road, Suites 3 & 4,
Gladesville, NSW, 2111

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