



Brett Bridges
Consultancy & Counselling
BAppSc (PsychN)

Brett is a practising mental health nurse, private mental health consultant, educator, trainer and therapist. His extensive experience includes the specialist fields of acute & crisis mental health, personality disorder, forensic mental health, alcohol and other drugs, intellectual disability and corrections. Brett has demonstrable success in consulting to complex care situations, supporting systemic interventions that enhance client recovery and improved competence and confidence in workers and their organisations. This includes navigating pathways of care when 'the work' has become stuck or is challenged by high risk and in addressing systemic anxiety and dysfunction.

Brett continues to work closely with a variety of mental health and non-mental health organisations throughout Australia, providing targeted mental health education, consultation services, and intervention strategies. This includes the provision of group and individual supervision sessions, utilising a reflective practice framework. Recovery orientated practice, trauma informed care and a variety of therapeutic models underpin Brett's approach in his client work and his consultative work.

As a trainer and educator, Brett has developed and delivered multiple workshops and educational programs including; health promotion, mental health presentations, risk management, relationship management, complex care planning, assessment and care planning, crisis management, self-awareness & self-care and enhancing systemic relationships. He has co-authored and delivered a number of papers and workshops at conferences and is a co-author in the complex presentations chapter of [Borderline Personality Disorder – Towards Effective Treatment \(2010\)](#), Spectrum. Brett is currently partnering with Associate Professor Andrew Carroll in the development and delivery of a suite of workshops and training webinars for mental health and non-mental health organisations.