

# Avigail Abarbanel — Curriculum Vitae

## *Personal information*

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*Full name:* Avigail Abarbanel  
*Nationality:* Australian  
*UK Visa:* Settlement Visa (Spouse of British Citizen)  
*Date of birth:* 3rd September 1964 (45 years old)  
*Postal address:* Unit 325, 24 Station Square Inverness IV1 1LD  
*Email:* [avigail@fullyhuman.co.uk](mailto:avigail@fullyhuman.co.uk)  
*Telephone:* 07913 295029 (Mobile)  
*Qualifications:* B.A. (Hons.) (Macquarie), Grad. Dip. Psych/Couns. (JNI), Cert. Gestalt Counselling (Illawarra Gestalt Centre)

## *Employment history*

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### *Fully Human Psychotherapy & Counselling Services*

July 1999 – Dec 2009

*Psychotherapist/Counsellor and Owner/Manager of Practice. My duties included:*

- Individual and relationship therapy
- Clinical supervision
- Group facilitation
- Consulting
- Developing and presenting workshops and seminars
- General management of practice

### *Jansen Newman Institute, Sydney*

2000 – 2001

*Co-presenter/facilitator, 'Really Relating' Workshop (formerly the 'School of Marriage')*

- Adapting course material
- Co-presenting the course

### *Jansen Newman Institute, Sydney*

1999 – 2000

*Marker in Graduate Diploma and Diploma programs in Psychotherapy*

- Marked video tapes of live session submitted by first and second year students

*Jansen Newman Institute Student Clinic, Sydney*

July 1998 – January 1999

*Trainee Psychotherapist*

- Provided counseling sessions to real clients under supervision

*Macquarie University, Electronics Department*

1996 – 1998

*Department Administrator*

- Looked after all the administrative needs of the department
- Provided administrative services to academic staff and postgraduate research students
- Liaised with other sections of the university on behalf of the Electronics Department

*Macquarie University Graduate School of Management, Sydney*

1992 – 1995

*Administrative Assistant in Program Administration*

- Provided administrative services to academic staff and students

*Tower Air, New York*

1989 – 1991

*Flight Attendant*

- Worked as flight attendant in First Class on Tel-Aviv New York route

*Eldor Computers, Tel-Aviv*

1988 – 1989

*Marketing and Sales Representative*

- Was in charge of company's shopfront
- Sold computers and service plans to private and corporate customers

*Largo Computer Engineering, Tel-Aviv*

1986 – 1988

*Marketing and Sales Representative*

*Efrat Future Technologies, Tel-Aviv*

1984 – 1985

*Technical Draftsperson*

*Israeli Defence Force*

1982 – 1984—*Compulsory military service*—Achieved the rank of Staff Sergeant

## *Unpaid positions*

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2002

*President of the Australian National Network of Counsellors (ANNC) Canberra*

- The ANNC is now the Counselling & Psychotherapy Association Canberra and Region (CAPACAR).
- During the years of my presidency I was also a member of the PACFA (Psychotherapy & Counselling Federation of Australia) Liaison and Management Committees and represented PACFA in meetings with Government bodies and in Government consultations in Canberra.

2000-2001

*Secretary of the Australian National Network of Counsellors (ANNC)*

- In addition to fulfilling the duties of a professional Association's Secretary I was also one of the ANNC's two delegates to PACFA.

## *Education*

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*University of New England, Armidale (Australia)*

2006-2007

- Completed all coursework requirements towards a Master of Counselling with Honours (4 units completed. Results: 2 Distinctions and 2 High Distinctions). Also completed some work towards writing a thesis but decided to discontinue the program.

*Illawarra Gestalt Centre, Wollongong (Australia)*

1999

- Completed the one-year certificate program in Gestalt Counselling

*Jansen Newman Institute, Sydney*

1997 – 1998

- Completed a two-year Graduate Diploma in Individual Psychotherapy and Relationship Therapy
- Received the David Jansen 'Differentiation of Self' Award for the second year Differentiation of Self project

*Macquarie University, Sydney*

1992 – 1995

- Completed a Bachelor of Arts with Honours in Politics

## *Membership of Professional Associations*

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- BACP (British Association for Counselling and Psychotherapy), Accredited Member
- COSCA (Counselling and Psychotherapy in Scotland), Accredited Counsellor Member
- UKRCP (United Kingdom Register of Counsellors and Psychotherapist, Independent Psychotherapist/Counsellor)
- PACFA (Psychotherapy & Counselling Federation of Australia), Clinical Member

## *General Skills*

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- *Written communication:* Excellent written communication
- *Verbal communication:* Excellent verbal communication and presentation skills
- *Learning and Research:* Fast learner with excellent research skills
- *Languages:* Fluent in English and Hebrew and basic knowledge of French
- *IT:* Advanced user of communication and computer technology

## *Referees*

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1. *Ms Annette Fisher*  
Clinical Supervisor  
T: +61 2 6288 9294  
E: [annettef@pcug.org.au](mailto:annettef@pcug.org.au)
2. *Dr David Jansen*  
Co-founder of the Jansen Newman Institute in Sydney and former Psychotherapy teacher and mentor  
E: [davidjansen@tsn.cc](mailto:davidjansen@tsn.cc)

## *Publications*

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1. November 2007. 'What Are Eating Disorders Really About? A Therapist's Case Study of Self and the Experience of Bulimia'. *Psychotherapy in Australia*. 14(1) (Refereed)
2. August 2005. 'Effectiveness in Therapy and the Starship Captain'. Conference Paper. Proceedings of the Third National Conference of the Psychotherapy and Counselling Federation of Australia.
3. March 2003. 'Differentiating from Israel'. *Australian and New Zealand Journal of Family Therapy*. 24(1) (Refereed)
4. 2000. 'So what's happening for you right now Prime Minister?'. Conference Paper. *Australian Gestalt Journal*. 4(1): GANZ 2000 Conference. pp. 20–30.