

QUALIFICATIONS & AWARDS

- BA Honours Double Major ~ Social Sciences & Women's Studies
(Including Psychology & Psychoanalytic Studies); La Trobe University, 1996
- Masters Creative Writing and Literature – Current Grade HD
- Grad Dip Psychology, Ballarat & Deakin University; Deferred (6 Subjects D/HD/HD/HD/D/D)
- Graduate Diploma Buddhist Counselling & Psychotherapy; Sophia College, 2008
- Chaplaincy, Pastoral & Spiritual Care Training; Buddhist Council of Victoria, 2014
- Professional Buddhist Chaplain | Buddhist Council of Victoria, 2016
- Cert IV Small Business Management, 2013
- Advanced Death Doula Training & 'When A Baby Dies'; Life Options, 2017
- Death & Dying Studies at Dying 2 Know; Open Learning, 2018
- Certificate Midwifing Death 100 hours Study; Dr. Michael Barbato, 2018
- Death Doula & End of Life Studies; Quality of Life Care, 2019
- Certificates Counselling; RMIT, 1997
- Cert IV Community Services, 1995

AUSTRALIA DAY AWARD – 1998

Recognition of valued contribution to the community of Jaga Jaga Federal Electorate, Melbourne

EXCELLENCE AWARD – 2001

Outstanding contribution to the Banyule Community, Melbourne

INTERESTS

Artistic: Poetry, Writing, Reading, Literature, Photography, Art, Artistic Endeavour, Cinema, Art House Movies, Music
Humanity: Family/Friends, Meeting New People, Advocacy & Support, Community Development, Social Change & Justice, Heart Ecology, Death & Dying, Current Affairs

Intellectual: Philosophy, Psychotherapy, Psychology, Psychoanalysis, Crime & Forensics, Contemplation, Reflection, Self Realisation, Insight development

Spiritual: Buddhist philosophy (esp. Theravadan), Eastern Philosophy, Meditation, Mindfulness, Yoga

AJANTA JUDD PROFESSIONAL SKILLS

My professional working history encompasses a broad and diverse range of experience. My qualifications and further training have provided me with a well-rounded, solid foundation from which I have applied my advanced skills and knowledge to many workplace settings. I have a comprehensive working history within the community sector in Victoria and NSW; inaugurating, growing, reforming, and managing community enterprises. This work included a culturally and socio-economically wide range of people including our Indigenous peoples; women in crisis; the disadvantaged, homeless and socially isolated.

I have also worked in the private sector where I have managed, administered, and consulted with small businesses. I am insightful; have an in depth understanding of human behaviour and motivation; and can analyse any given situation quickly and act accordingly with integrity and foresight.

My people skills are highly developed, and I have advanced mediation and problem-solving ability, which can usually circumvent an issue before it arises. Other work has included doing financial management at Looma, a remote Aboriginal community in the Northwest Kimberley region of WA and Case Management with community organisations in Victoria.

Integrated within my professional life has been my interest in human development, self actualisation, and the reduction of suffering. As such, I have continued to enrich my skills and build upon my qualifications to assist others to develop insight, improve well-being, increase awareness, reduce suffering, and gain a sense of ease in this complex world we live in.

Over the years I have moved on from working in the community sector to a focus on counselling & therapy, mediation, and advocacy. These days, I combine my counselling and therapy expertise with end-of-life consultancy/ dying and death care. To compliment my spiritual care work, I have further developed my interest in death and dying/ end of life consultancy and have completed further studies in this area to integrate with my existing qualifications. Assisting and supporting the dying and their loved ones through this stressful process requires skill and sensitivity and I continue to develop my work in this area as an adjunct to my other activities.

AJANTA JUDD | COUNSELLING | THERAPY | ADVOCACY | MEDIATION

One thing which sets me apart from other counsellors and therapists is that I embody not only the academic and other qualifications, but I have the personal history and life experience which informs my approach. In other words, I have lived, suffered, worked through, and resolved a myriad of issues and have come out the other side more knowledgeable, wise, insightful, balanced and content.

I can certainly say that I have lived through much of what life has to offer: from despair, trauma, and emotional pain to joy, bliss, happiness, and contentment. I am well placed to assist others to do the same. I walk my talk and live my philosophy. Life is a continuity of learning, growth, and experience. It is an endless journey of discovery, with the most important element being, self-discovery. I have personally been the recipient of ongoing counselling, therapy, and supervision my values embrace continual personal development.

Counselling and therapy are beneficial to any human being, just as maintenance is beneficial to a car. Therapy and supervision are also essential for the development of good therapists. I follow a practical (non-religious) Buddhist philosophical approach to life with its inherent values of non-violence, compassion, equanimity, and the path to becoming fully awakened plus I incorporate mindfulness (self-awareness) practice into my daily life. I use fundamentals of this approach within my counselling work as it is invaluable in settling the mind and developing insight.

Clients are offered a safe and confidential environment with an attentive, compassionate, empathic approach. I work dynamically and have an eclectic style. I specifically aim to assist people to live harmoniously and achieve non-reactivity in the face of adversity or what life may present to us at any given time. This is particularly important in view of what is happening globally. My specific areas of interest (but not limited to) include child sexual abuse and sexual assault; sexual identity & related issues; LGBTQI+ issues; grief, loss & dying; anxiety & depression; motivation & purpose; health & well-being; spirituality. In addition to face-to-face appointments, I offer telephone and online video counselling, therapy, and consultancy via Zoom.