



Tania Virgona ATh.R, SEP, ACA

Artist/ Arts Psychotherapist/ Somatic Experiencing Practitioner/Supervisor/

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Tania is an Art Psychotherapist and SEP with training in Kathy Kain's SE Touch Skills, modules 1 & 2, Coupling Dynamic, online webinars in the Attachment and Trauma Mastery program by Diane Poole Heller and Neuro Affective Touch Skills. Tania is an approved session provider for SE student for Personal & Case Consult sessions of all levels, BEG, INT & ADV. She is also a qualified clinical supervisor offering individual and group clinical supervision. Her private practice in Melbourne offers individual consultations for adults and couples who seek therapy for change, repair, and regulation in their life.

Art therapy is available for self-exploration working with the Expressive Therapy Continuum, the Clayfield, Guided Drawing, Sand-tray and Dream exploration in conjunction with SE principles and SE touch. Workshops on offer from her studio are, Drawing for Regulation, Expressive Play with Collage and Art as Process. Since completing 'Trauma Through a Child's Eyes,' with Maggie Kline, she facilitates SE groups for children who have experienced family violence to help children increase their body awareness and access healthy self-protective and defence responses to recover from shock trauma.

Tania has worked as a clinical Senior Art therapist, Supervisor and SEP in Mental Health and Drug and Alcohol within a hospital setting where she has run Art psychotherapy groups to increase patients' capacity to embody an experience of safety and the authentic Self. Over the past 10 years, Tania has worked in the Family Violence sector where she initiated the Children's Therapeutic Program using art therapy and has had the opportunity to co-facilitate the Peek-a-boo program, which was designed for mothers and their babies to repair attachment ruptures caused by family violence.

Tania has also worked with war veterans, sex offenders and refugees.

Qualifications

2006 – 2008 Master of Art Therapy
LaTrobe University

2001 Post graduate Diploma of Public Art
RMIT

1996 – 98 Bachelor of Fine Art
Victorian Collage of the Arts
Major: Drawing Minor: Printmaking

1993 – 95 Advanced Certificate in Art and Design
Box Hill TAFE

Painting, drawing, printmaking, sculpture, jewelry, design and graphics



Specialised Trainings and Professional Development

- 2024** Kathy Kain, Coupling Dynamic. Advanced Touch Skills for Trauma
- 2021 & 23** NA Touch Neuro Affective Touch. Learning to work with Infant and development Trauma via touch
- 2019-20** SEP Assistant program for SE Australia training beginning, intermediate and advance
- 2019** Professional Supervision
Certificate of Attainment in Professional Clinical Supervision with Optimise Potential
- 2018 - 19** Touch Skills for Therapist Modules 1& 2
Touch Skills for Therapist Modules 3&4 online
with Kathy Kain. Learning touch skills to assist with regulation via the physiology
- 2017** Attachment and Trauma Mastery Program
with Dr. Diane Poole Heller. Online webinars
- 2015 -18** Somatic Experiencing Training
Melbourne with SE Australia
- 2015** Hakomi Methods Essential Program
12 week online training in the method of Hakomi
- Australian Bush Flower Remedy Essences - Level 1
For emotional care and well-bing by Ian White
Training of 69 Australia bush flower essences and how to use in consultation
- 2014** Trauma Through a Child's Eyes with Maggie Kline
Somatic Experiencing Australia Training for children. Understanding how to assist children and adults to recover from attachment, abuse and violence, and all other traumas.
- Supervising Staff who work with Trauma
Australian Childhood Foundation. Looking at how to supervise and support staff members who are working with trauma
- 2012** Safe from the start
Domestic Violence kit for children training seminar
How to assist children in transitional housing to process their experience and assist parents to understand the affect of violence on their children
- Hakomi Parts Theory and Mindfulness Training
Basic learning of Hakomi techniques
- 2009 - 10** Certificate in Sensorimotor Art therapy
Cornelia Elbrecht at Claerwen.
- 2009** Intro into Domestic Violence
Domestic Violence Resource Centre



Integrated Trauma Therapy

Specific 4day training into DV and the systems in place to assist women and how to approach those suspected of being affected by DV

Trauma, Attachment & The Body Practitioners Workshop

Dr. Pat Ogden, Seminar on how to use sensorimotor techniques to assist clients to process trauma

The Peek-a-boo Club Facilitators Training

2 day training in how to assist mothers either in DV or post DV relationships to reconnect with their infants (0-3). This group program helps mums to understand the affects of DV on them, their children's ability to attach to their mother and the parent's ability to parent. Domestic Violence Children's Hospital

2008

Accelerated Recovery Trauma Mandala

Using the Mandala to access Self and survival strengths, assist knowledge & impact of trauma adaptation awareness, reduction in discomfort associated with self condemnation, negative adaptation and alienation - aloneness flashbacks, dreams and despair

Hakomi : Cultivating the Mirror Mind

Looking at the Hakomi techniques of mindfulness in counseling and body awareness and experience

Trauma Therapy at the Clay field with Children

Clærwen Retreat School for Initiatic Art Therapy

Using the Clayfield to assist with the psychosomatic presentation of trauma and looking at the use of clay to work through trauma cycles and child development through the use of clay

2007

Psychodrama and PTSD Intensive

School of Psychodrama

Looking at the techniques and method of psychodrama to assist clients with their PTSD

Art Psychotherapy Practice & Positions

2009- Current Integrated Trauma Therapy Private Practice Art Psychotherapy and Somatic Experiencing practice for individual consultation and groups for children and adults. Working with complex trauma, single events, overwhelm and stress in the body.

2018- Current. Assistant on the SE Australia training team. Facilitating learning in their practice and discussion pods for all levels around Australia.

2016 -2020 St John of God, Pinelodge Senior Art Therapist

Clinical Group Art Psychotherapist and Somatic Experiencing Practitioner

Inpatient and day patient Art therapy & SE groups in the Norfolk program

Group members present with diagnoses of borderline personality disorder, bi-polar, schizophrenia depression, anxiety and trauma.

- Theme based art therapy groups
- Open studio art therapy groups
- SE psycho education and regulation groups



2009 – 2017 Beleura Private Hospital

Clinical Group Art Psychotherapist & Mindfulness Facilitator

In and out patient Art Therapy groups in the Eliza psychiatric ward.

- Closed group that offers an open studio approach: Artistic development with ability to reflect on process and content for ego strengthening
- Concept develop of personal themes and interest
- Interactive group dynamics group: Applying group theory

Mindfulness group for out patients in the Flinders Alcohol Rehabilitation Clinic

2009 – Dec 2014 Emerge Support for Women and Children Family violence service

Children's Coordinator Program and Art Psychotherapist

Coordinator of children's art therapy program

- Development of children's program in line with the strategic plan
- Networking within the sector advocating for children effect by Domestic Violence with the community.
- Team Leader and Supervisor to Art therapy staff and placement students from LaTrobe and Phoenix
- Created and facilitated: 12 week Closed group; An ongoing Open studio group; Individual Art therapy sessions on and off site going to schools
- Facilitated a specialized mother and infant group to strengthen attachment and reconnect mothers with their infants who had experienced the abuse and trauma of family violence.
- Practiced as an Art psychotherapist for traumatized children who had experience family violence and displacement

Art Therapy Placements

2007 *Austin Repatriation Hospital for Veterans*

This was a rewarding and fulfilling placement being able to achieve positive results of client's issues between the ages of 20 to 60 years using art as a tool for counseling

- Psychotherapeutic groups and individual therapy sessions exploring life journey, war trauma

2006 *Statewide Forensic Service*

Art therapy with males between the age of 18 to 40 years with an Intellectual Disability in a residential treatment facility using CBT and art therapy

- Provided individual art psychotherapy involving psycho education, trauma related issues and sense of self and identity.
- Facilitated a closed art therapy groups and worked as part of a team of health professionals providing detailed reports, case management



Artist and Arts psychotherapy consultation and facilitation projects

- 2015 Infant & Child Psychotherapist **Peek-A-Boo Program at Emerge**
A specialised mother and infant group for survivors of family violence.
This group assisting parents to understand the traumatic impacts of DV and receive support
- Art Therapy Facilitator **National Australia Bank NAB**
Facilitated a team-building workshop using art therapy processes
- 2014 Arts Facilitator **St Mary's Catholic Primary School Teachers Retreat**
Facilitated a team-building workshop using the random weave technique to build sculptures in groups of two and then four
- 2010 Art Therapist **St Andrews Primary School**
Developed and facilitated an art therapy program for a group of children recovering from the black Saturday bush fires
- Arts Consultant & Designer **Healesville Community Labyrinth Project**
Facilitated an art therapy consultation for the design of community tiles within the Labyrinth project. Information from the consultation was then used to design the public artwork.
- 2008 Arts Consultant/ Facilitator/ Designer **Warburton Play space**
Designed and implemented a community consultation for the design of a permanent climbing feature. Worked with children using art therapy to identify a sense of place for sculpture. Submitted a report of aims and outcomes
- Arts Consultant/ Facilitator/ Artist **Undrea Artist in Schools** Art Victoria Grant
Worked with school children at Undrea Primary school and the farming community suffering from drought. The project facilitated the expression of local issues to raise awareness. Farmers fabricated a public artwork taken from the school children's artwork about their home and environment. It is now on permanent display reflecting the town values and story.
- 2007 Arts Facilitator **Somali Refugee Weaving Project**
Adult Olympic Education, City of Banyule. Vic Health Grant
Teaching and facilitating weaving skills to Somali refugee women to gather and strengthen their cultural connection, reduce isolation and provide a forum for the expression of issues.
The final artwork is on permanent display in the health and education foyer.
- Arts Facilitator **Auburn Kindergarten Artist in Residence**
An environmental project connecting children living in city environments with natural elements. I involved children and parents in the weaving and building process of shelters made from natural materials.



Integrated Trauma Therapy

Artist **Transformative processes of Nature: A Visual Articulation of Swan Bay**

Queenscliff Artist in Residence visually interpreting the environment over a period of 4 weeks

2004 Arts Facilitator **Creative Junction**

Facilitating connection between isolated community members and the natural environment

through a collaborative weaving project for the Shire of Yarra Ranges. A specialized weaving apparatus was designed to seat up to five weavers at a time bringing individuals together while creating. Worked with single mothers, children, young teenagers and family group.

2003 Artist/ Facilitator **Artist in Residence Geelong Botanical Gardens**

Arts Victoria Professional Development Grant

A period of 6 months was spent in the Geelong Botanical Gardens making art in the garden using the earth, natural materials and processes. I also facilitated weaving workshops and personal expression as part of my residency

Artist/ Facilitator **'Inward Journey out'**

Newcomb Secondary College, Geelong. Artist in Schools Arts Victoria Grant

A project that guided school students through a creative process, which included a bush camp where they learnt about the diverse mediums, approaches and challenges to making

art. The artworks were developed, framed, exhibited and sold. This project strengthened the students and schools identity and sense of self and provided them tools to assist them through personal challenges. I worked with parents and teachers to coordinate the program and relay the student's progress in the program

2002 Artist/ Designer/ Project Manager **'Walk West'** Collaborative design project

City of Geelong. Commission from the Federal Government. A series of permanent sculptures designed to mark a pedestrian route along a residential street to the Waterfront of Geelong. This involved community consultation

Registrations

ACA Australian Counselling Association Level 4 Professional Member
<https://www.theaca.net.au/>

ANZACATA Australian, New Zealand and Asia Creative Art Therapy Association
Professional Member
<https://www.anzacata.org/>

SETI Somatic Experiencing Trauma Institute
Assistant Member
<https://traumahealing.org>