

Acknowledgments

With many thanks and endless gratitude to my husband Matt for his enduring patience, love and support over the past three years and always. For keeping me grounded when my world felt unfamiliar, for helping me smile when I wanted to hide away and for soaking up my tears when I've needed holding together.



To the Wonderful A Team. I can never thank you all enough for standing beside me as I dared to look down and for lighting the way when it was too dark to see. You have been and are my rescue team and each of you in your own way have inspired, encouraged and nurtured me in to the person and the therapist I am today. I feel so privileged to have shared this adventure with you all, and to have been a part of your discoveries too.



Thank you too to my tutors- David, Catherine and Debs and to my supervisors. I will continue to be fed by your experience, knowledge and wisdom for many years to come. Thank you for giving me the courage to believe in myself.