

Yvonne Haeaeefke

Registered Nurse |
Psychotherapist



CONTACT AND REFERRALS

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SPECIAL INTERESTS

- Trauma or complex trauma histories
- Persistent anxiety or emotional dysregulation
- Substance use or behavioural addictions with trauma drivers
- Long-standing maladaptive coping patterns

CARE TEAM PROFILE

HYvonne is a Registered Nurse with over 25 years' experience in healthcare and mental health, offering warm, trauma-informed therapeutic support to individuals navigating recovery, transition, and emotional healing. Her work invites clients to develop deeper insight into their inner world while gently supporting movement toward greater balance, resilience, and aliveness in everyday life.

Yvonne holds a Bachelor of Psychology (Honours) and a Graduate Certificate in Gestalt Therapy, and is a certified Root Cause Therapist (Levels 1 & 2) and Embodied Processing Practitioner (Levels 1 & 2). She is also an Integrated Health Coach, Yoga Teacher, and Certified Yoga Breath Coach, bringing a grounded, whole-person perspective that integrates psychological understanding with embodied awareness.

Drawing on both clinical experience and somatic approaches, Yvonne works collaboratively alongside psychiatric and allied health care. Her approach is calm, compassionate, and scope-aware, with a strong emphasis on presence, self-understanding, and supporting clients to move from insight into lived, empowered change.

Clients must be medically and psychiatrically stable -
Not suitable for: acute crisis or presentations requiring immediate risk management