

Cecilia Lopez
Senior Practitioner / Counsellor Advocate
The Victorian Foundation for Survivors of Torture Inc.
Foundation House, Melbourne, Australia.

Most of Cecilia's working history has been assisting migrants, refugees and asylum seekers recover from trauma. She has worked with survivors of torture and trauma in a number of roles since 1993. In 2006 Cecilia joined Foundation House as a Counsellor Advocate, Regional Co-ordinator and now as a Senior Practitioner.

Some of Cecilia's professional background includes experience in Social Work, Family Mediation and Dispute Resolution, Refugee Youth and Training and Assessment. Cecilia utilises a diverse range of therapeutic modalities in her clinical practice and takes a holistic mind-body approach to treatment. She is currently employed with Foundation House as a Counsellor Advocate and Senior Practitioner providing counselling to clients as well as working with the community sector.

Cecilia has worked with organisations such as the Australian Red Cross in both National and International Programs, the SMRC (previously known as MRC Dandenong), the Department of Health and Human Services, Dandenong Hospital Mental Health and a number of other key services in the community.

Cecilia's passion is to assist individuals and the community to make informed choices about their mental health and improve their lives through a focus on psycho-education.