

TRTP Practitioner Sally Wilson Transforming Trauma in Geelong Region

Ocean Grove's Sally Wilson leads the way with TRTP counselling services. Wilson, a renowned performance coach and TRTP practitioner based in the Greater Geelong region, provides the groundbreaking technique Australia-wide.



Sally^{*}
WILSON

Geelong, Victoria Sep 18, 2023 ([IssueWire.com](https://www.issuewire.com)) - According to a 2023 report by the [Australian Health Department](#), one in two Australians will face mental illness in their lifetime. Amidst the ever-growing mental health support waiting lists, Ocean Grove's Sally Wilson leads the way with TRTP counselling services. Wilson, a renowned performance coach and TRTP practitioner based in the Greater Geelong region, provides the groundbreaking technique Australia-wide.

The Richards Trauma Process™ (TRTP) is an internationally celebrated approach, bringing relief and freedom from anxiety, depression, and PTSD, amongst other life-impacting conditions. Wilson, one of Australia's leading providers of this technique, is passionate about helping people transform their lives.

"Trauma can be debilitating, but it doesn't have to define you," says Sally, who, in addition to her TRTP expertise, boasts a rich background in executive coaching.

Current statistics from WHO reveal the pervasive nature of mental health challenges: over [280 million people worldwide](#) are contending with depression alone. It's evident that solutions like TRTP, which delves deep into resolving past distressing events, are not just necessary but indispensable.

Yet, Sally's impact doesn't halt at therapy. Her podcast, "Being: With Sally Wilson," presents heartwarming, transformative stories of individuals from around the globe. These are tales of resilience, of change-makers, of everyday heroes who've made a positive imprint on the world, resonating with listeners seeking inspiration and hope.

From Ocean Grove's serene coasts to the hustle and bustle of Australia's urban hubs, Sally's voice and vision for healing resonate. For those seeking to rewrite their trauma narratives or for a dose of global inspiration via "Being: With Sally Wilson," the journey with Sally promises to be both enlightening and empowering.

Sources:

<https://www.who.int/news-room/fact-sheets/detail/depression>

<https://www.health.gov.au/topics/mental-health-and-suicide-prevention>

<https://trtptherapy.com>

<https://www.iamsallywilson.com>

<https://www.iamsallywilson.com/podcast>

Media Contact

The Doorway Group Media Hub

admin@thedoortway.com.au

PO Box 353, Leopold Vic 3224

Source : Sally Wilson

[See on IssueWire](#)

