



Jack o'Leary

Mental Health and Wellbeing Facilitator (Counselling Psychotherapist)

Jack is many things: A Dad, a musician and one of the key members of our team. Jack is very approachable, easy to connect with and social; a typical Irishman you might say! At the same time, he is also highly reflective and very much enjoys a good philosophical conversation.

Jack is a professional and experienced clinical supervisor, person-centred psychotherapist, and creative arts therapist specialising in helping clients to overcome depression and anxiety. Experience has taught him that 'talking it out' is often insufficient. In this, he has managed to combine two great loves – music and psychotherapy. He passionately believes that people can overcome challenges and obstacles provided the right conditions are created. As a highly sought-after relationship and family therapist, he helps clients to find clarity and move beyond conflict towards a more fulfilling partnership.

Jack is a highly skilled, energetic, and very engaging facilitator who thrives on bringing people together to work as a team in the pursuit of achieving great outcomes. His total acceptance of people from all walks of life makes him equally comfortable working with a CEO from a large corporation as he is supporting a homeless person through a shattered life situation.

Qualifications include Master's in music therapy, Higher Diploma Counselling Psychotherapy, BA Arts and Pastoral Theology (Honours)