

Emma Furner

Registered Psychologist · Integrative Psychotherapist · Trauma-Sensitive Yoga Teacher

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PROFESSIONAL OVERVIEW

Psychologist and integrative psychotherapist with more than twenty years in mental health, spanning community and youth services, rural and remote practice, research, clinical leadership, private practice and specialist multidisciplinary care. My work draws on relational, psychodynamic, experiential and somatic approaches alongside evidence-based psychological therapies. I also offer professional supervision and trauma-sensitive yoga.

Professional experience

MAY 2011 –
PRESENT

Psychologist, owner and operator

Private practice (formerly Psychology & Wellbeing), Brisbane & Gold Coast

Psychological assessment and individual psychotherapy for people aged 16 and over, across trauma, anxiety, mood, relationships, eating and body image concerns; group and individual yoga; service provision for diverse communities.

MAY 2026 –
PRESENT

Psychologist

Empax Centre, Brisbane

Psychological preparation, therapeutic support and integration within a psychiatrist-led multidisciplinary service.

SEP 2019 – PRESENT

Psychologist

Weight Management Psychology, Brisbane

Assessment and psychotherapy for eating disorders, disordered eating, body image and weight-related distress; bariatric and medical weight-management psychology; multidisciplinary collaboration and psychoeducation.

JUL 2017 – 2021

Psychologist

Veteran Health Association, Gold Coast

Psychological and wellbeing support for veterans and their families within an integrated health setting; group yoga and mindfulness programs.

MAY 2011 – OCT 2013	Clinical manager headspace Southport, Gold Coast Clinical leadership and governance in youth mental health; intake and risk management, staff consultation, supervision, service development and multidisciplinary collaboration.
OCT 2010 – MAY 2011	Psychologist, Australian Youth Ambassadors for Development Visayan Forum Foundation, Manila, the Philippines Psychosocial services and therapeutic groups for women and children affected by human trafficking; service needs assessment and staff training.
JAN 2008 – SEP 2010	Psychologist Royal Flying Doctor Service, Longreach & Cape York Psychological assessment, treatment and community education in rural and remote communities, including culturally responsive work with Aboriginal and Torres Strait Islander peoples.
FEB – JUL 2007	ESL teacher Zhuyoue English College, Guilin, China English language teaching for adult learners in a cross-cultural educational setting.
NOV 2005 – FEB 2007	Senior client research executive ACNielsen, Sydney Design and management of qualitative and quantitative research for government, health and corporate clients; analysis, reporting and stakeholder presentations.
MAY 2004 – NOV 2005	Research assistant Nursing Research Unit, Royal Rehabilitation Centre, Sydney Qualitative and mixed-methods rehabilitation research, including study design, interviews, literature reviews, thematic analysis, reporting, and ethics and grant support.
MAY 2002 – MAY 2004	Adolescent mental health worker Kurinda Adolescent Service, Sydney Psychosocial support and case management for young people experiencing mental illness in supported accommodation; psychoeducation and multidisciplinary care.

Education, qualifications & registration

Bachelor of Psychology (Honours), Charles Sturt University — Second Class Honours, Division A	2006
Registered Psychologist, Psychology Board of Australia (Ahpra)	since 2008
Certificate IV in Training & Assessment	2007
200-hour Yoga Teacher Certification, Yoga Tapovan, Rishikesh, India	2008
Certificate III & IV in Fitness, yoga specialisation	2013
iRest Yoga Nidra Teacher Training, Level 1	2018
ANZAED Credentialed Eating Disorder Clinician Program	2022
Registered Yoga Teacher, Yoga Australia	since 2023

Continuing professional development

PSYCHOTHERAPY

Intensive Short-Term Dynamic Psychotherapy core training (2022–2024) · Somatic Psychotherapy (2021) · Fundamentals of Emotion-Focused Therapy (2018) · Internal Family Systems, ongoing since 2025

PSYCHOLOGICAL APPROACHES

CBT-E (2022) · Focal Psychodynamic Treatment for Anorexia Nervosa (2023) · Interpersonal Psychotherapy for Eating Disorders (2022) · HAPIFED (2026) · Cognitive Processing Therapy (2016) · ACT and CBT

YOGA & SOMATIC

Trauma-Aware Yoga (2013) · Yoga Therapy for Depression (2017) · Restorative Yoga (2018) · iRest Yoga Nidra (2018) · Somatic Approaches to Healing Trauma (2021) · The Roots of Yoga: Decolonizing Your Practice (2021)

OTHER TRAINING

Attachment and body-oriented trauma training · Cross-cultural competence (2012) · Counselling sexual diversity (2012)

Memberships, service & recognition

MEMBERSHIPS & SERVICE

- Australian Association of Psychologists Inc (AAPi)
- Yoga Australia
- Honorary Teaching Fellow, Bond University (2012–2013)
- Reconciliation Action Plan Committee (2012–2013)
- Editorial Review Board, Journal of the Australasian Rehabilitation Nurses' Association (2005–2008)

AWARDS & RECOGNITION

- Golden Key International Honour Society, lifetime member
- James Hardie Honours Scholarship Award, Charles Sturt University (2002)