RICH MAHLER
MEDIATION & THERAPY
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THERAPY

Since 2018 I have been working as an Individual, Relationship, Family and Co-Parenting Counsellor / Psychotherapist. I am registered with the Psychotherapy and Counselling Federation of Australia (PACFA) (Provisional 27503). My therapy services are provided by Zoom.

My therapy practice is trauma-informed, evidence-based, and draws upon several modalities, such as Gestalt (including authentic presence and empty chair work), existential (meaning making), experiential / felt sense (linking the mind and body for awareness and healing) and psychodynamic (such as exploring the effects of key relationships with caregivers and partners).

I believe every individual has the innate capacity to thrive both personally and in relationship. My aim is to help my clients work through any resistance or blocks that may be preventing this from happening, by creating a safe space where every part of the client is welcome. I also bring warmth and humour to co-create a client-focused healing and growth experience.

My **relationship therapy** combines active listening, reflections, and communication skills. It is strongly informed by a clear understanding of the effects of power imbalances and domestic and family violence in relationships. I also take into consideration each individual's attachment style developed in early childhood (and sometimes in long-term adult relationships).

My **family therapy** includes all family members aged five and above, and often in high-conflict situations. I work with children in supporting them navigate their relationships within a family system. My **reunification therapy** process includes up to four stages and a minimum of eight hours of therapy sessions, including both individual and (if appropriate) joint sessions between the child and unaligned parent.

My **co-parenting therapy** involves blending my expertise in both family law mediation and psychotherapy to support separated couples with developing respectful parenting relationships free from aggression, coercion, and control.

I also support clients with complex alternative relationship styles such as polyamory and ethical non-monogamy (including both open-relating and swinging). These relationships come with the need for open and effective communication skills to help navigate issues such as jealousy, abandonment and agreements around relating with others and safe sexual practices. I do this from a trauma-informed framework sensitive to the harm caused by the isolation, stigmatisation and/or ostracism often associated with alternative lifestyle practices.

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TOP TEN COMMUNICATION TIPS

1. Be aware of your tone of voice (and the other person's)
   - volume, sharpness, inflections
2. Be aware of your non-verbal gestures (and the other person's)
   - eye contact, facial expressions, body posturing
3. Reflect before responding (to ensure you understand the other person)

   SWIHI
   "**S**o
   What
   I'm
   Hearing
   Is _____ "
4. Use "I" language when expressing your concerns
   "When _____ happens, I feel _____" **NOT**
   "When YOU _____, you MAKE ME FEEL _____ "
5. Wait at least 20 minutes before responding when triggered (to avoid a fight / flight / freeze / fawn response)
   - What do your triggers say about you?
   - What can you learn from them?
6. Don't deliberately push the other person's buttons
7. Respect the other person's healthy boundaries (limitations necessary to keep a person safe; not a mere wish-list of wants)
8. Be genuinely curious when asking questions (without an agenda)
9. Be aware of transference (projecting negative thoughts or feelings about a third party or unrelated event onto the other person)
10. Humanise and forgive the other person
    - for your sake, not theirs
    - and at your own pace (be gentle with yourself)

Specialist Family Law Mediator | Child-Inclusive Mediator | FDR Practitioner
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