

Contact Details

12 George St
Tintenbar NSW 2478
Ph: 0414459585
marg@margaretlambert.com
<http://margaretlambert.com/>

Current Position

Registered Psychologist and Supervisor in Private Practice—*Dr Margaret Lambert*

Qualifications

- 2020 PhD Charles Darwin University
 Thesis: *Introducing Emotional Freedom Techniques (EFT) to reduce anxiety and improve wellbeing in primary school students*
- 2006 Bachelor of Behavioural Science (Honours, 2A)
 Charles Darwin University, NT
 Honours Thesis: *Motives and expectancies of student alcohol use*
- 2003 Graduate Diploma in Psychology
 Charles Sturt University, NSW
- 1990 Graduate Diploma in Arts (Library & Information Science)
 Charles Sturt University, NSW
- 1982 Bachelor of Education
 Darwin Community College, NT.
 Major Study: Anthropology
 Dissertation – Ethnography: *School and change in an Aboriginal community*
- 1976 Diploma in Teaching
 Armidale College of Advanced Education
 Major Study: Mathematics

Professional Experience

- 2021-current Psychologist Private Practice
 Dr Margaret Lambert, Tintenbar Medical Centre, NSW
- 2006-2021 Psychologist Private Practice
 Connect Counselling Services, Darwin
 - Clinical Supervisor for professionals from various organisations including private practice/ministry/students

- 2006-2017 Consultant Psychologist and Trainer, SIDS and Kids, Darwin
- 2010-2013 Consultant Psychologist, Holy Spirit School, Darwin
- 2006 Psychologist (.6 position plus on-call role)
Sexual Assault Referral Centre, Darwin
- 2004-2005 Counsellor
Connect Counselling Services, Darwin
- 2002-2005 Counsellor/Educator (part-time position plus on-call role)
SIDS and Kids, Darwin
- 1997-2002 Faculty Head: Information Centre
Kormilda College, Darwin
- 1996 Specialist Teacher ESL (English as Second Language)
Kormilda College, Darwin
- 1995 Lecturer, Library Studies
Northern Territory University, Darwin
- 1989-1994 College Librarian
Batchelor College, Batchelor, NT
- 1993 Acting Senior Lecturer, Educational Media Unit and College Librarian
Batchelor College, Batchelor, NT
- 1988 Lecturer, Teacher Education
Batchelor College, Batchelor, NT
- 1987 Lecturer
School of Australian Linguistics, Batchelor, NT
- 1977-1986 Teacher / Teacher-Librarian
NT schools: Djembere (Jilkminggan), Adelaide River, Bamyili (Barunga) and
Oenpelli (Gunbalanya)

Course/Seminar/Conference Presentations - Psychology (2004–2022)

- 2017- 2022 PhD Presentations
- 2019 Heart Foundation: *How our emotions affect our hearts*
- 2019 Dementia Australia: *Change and wellbeing*
- 2019 Private businesses: *Stress management*
- 2018 Darwin Diocese, address to youth: *Finding Meaning in Suffering*

- 2017 Connect Counselling Services. *Stress Management and Energy Psychology (EFT)*. 2 day workshops, Darwin
- 2017 Sids & Kids NT. *Grief and Loss*. Community seminars, Darwin
- 2006-current Sids & Kids NT. *Bereavement Training*. 2 day course, Darwin & Alice Springs
- 2004-current Connect Counselling Services. *Emotional Freedom Techniques (EFT)*, 2 day workshops, Darwin, Alice Springs, Geelong, Vic.
- 2016 Liquid Learning. *Women in Leadership Summit 2016*. Expert Speaker: *Developing resilience for effective leadership*, Darwin
- 2016 MindBodySpirit Festival. Speaker: *The Healing Edge: Looking beyond the symptoms*, Brisbane
- 2016 Health Network of the Northern Territory (NT PHN). *Stress Management Techniques*. 2 day workshop, Darwin
- 2016 NAIDOC Week Seminar, Guest Speaker: *Empowering Indigenous Youth, Developing Resilience in Youth*, Darwin
- 2015 Sids & Kids NT. *Grief and Loss*, Community seminar, Darwin
- 2015 MindBodySpirit Festival. Speaker: *The Healing Edge: Looking beyond the symptoms*, Brisbane
- 2015 Liquid Learning. *Women in Leadership Summit 2015*. Master of Ceremonies and Expert Speaker: *Developing resilience for effective leadership*, Darwin
- 2015 Connect Counselling Services, *Back2Basics for Health*. Community seminar, Darwin
- 2015 Women in the Northern Territory Network (WNNT). Guest Speaker: *Back2Basics for Health*, Darwin, NT
- 2014 MindBodySpirit Festivals. Speaker: *Living with Struggle; The importance of your story for healing*, Sydney and Brisbane
- 2014 Royal Darwin Hospital, Palliative Care Unit. *Bereavement Training Course*, Darwin
- 2014 Autism NT. Guest Speaker: *Emotional Freedom Techniques (EFT)*, Darwin
- 2013 NT Department of Health. *Grief and Loss Workshop*, Palmerston
- 2011 St Vincent de Paul Society (NT) Inc. *Leadership*. 1 day workshop, The Heart of Leadership: Leading through change, Darwin
- 2010 Holy Spirit School. *Bullying*, 6 week program for bullies. Darwin

- 2007-2009 Salvation Army. *Parenting*, 10 week courses (continuous), Darwin
- 2008 Isolated Children's Parents' Association (ICPA). *Annual Conference*. Key Speaker: Developing Resilience in Children, Alice Springs
- 2006-2007 Kormilda College. *Stress Management*. Workshops for teaching staff and house parents, Darwin
- 2003–2006 Crisis Line NT. *Grief and Loss*. Training workshops for Volunteer Telephone Counsellors, Darwin
- 2002–2006 Charles Darwin University; St John Ambulance; NT Police Fire & Emergency Services; Royal Darwin Hospital; Darwin Private Hospital. *Grief and Loss*. Training sessions for students & graduates, paramedics, recruits and nurses, Darwin
- 2002-2005 Sids and Kids NT. *Parent Supporting*. Weekend training courses for volunteer parent supporters for families suffering the death of a child, Darwin
- 2005 Australian Midwives Association. *Annual Conference*. Speaker: Sudden Infant Death in Indigenous Communities, Perth
- 2004 SIDS International. *Annual Conference*. Speaker: Sudden Infant Death in Indigenous Communities, Edmonton, Canada

Publications and related talks/interviews (2013-2022)

- 2022 Interviewee Tapping in Schools Summit
- 2020 Presenter Association for Comprehensive Energy Psychology
- 2017-current Talks and radio segments related to PhD
- 2019 ABC radio: *Why do people hang on to painful memories?*
- 2004-current Author: numerous blogs on holistic health, healing and social issues. Posted at <http://margaretlambert.com/blog>
- 2015-2017 Author: Fortnightly column on health and wellbeing in *South West Voice* (Liverpool/Macarthur region) online newspaper, Sydney,
- 2016 Author: *Longing to Live Mindfully: Little words that make a difference*. Book publication, ISBN 9780987232205
- 2013–2016 Author talks in Darwin, Brisbane, Ballina, NSW, Murwillumbah, NSW, Byron Bay, NSW, Lennox Head, NSW
- 2015 Contributing author: *Walking Your Life*, Edited by Kizzi Nkwocha. Chapter title: Beyond the Depths

- 2014 Book award (Honourable mention) speaker, London Book Festival. British Library, London
- 2013-2014 Radio interviews on chronic fatigue syndrome and fibromyalgia ABC and Territory FM
- 2013 Author: *Longing to Live: Journey with Chronic Fatigue Syndrome and Fibromyalgia*. ISBN 9781742843001. Honourable Mention, London Book Festival

Positions and Professional Memberships (2006 – 2020)

- 2006-current AHPRA, Registered Psychologist. #959957
- 2012-current Arafura Mental Health Professionals Network. Founding member
- 2007-current Australian Counselling Association (ACA). Professional Member, Level 4 #4455
- 2012-current ACA College of Supervisors, Level 4 member
- 2012-current ACA College of Grief and Loss, Level 4 member
- 2017 Association of Private Practising Psychologists, NT (APPP). Member
- 2017, 2010 Association for Comprehensive Energy Psychology. International member #1
- 2013-2014 International Positive Psychology Association (IPPA). Member
- 2008-2011 St Vincent de Paul Society (NT) Inc., President
- 2006-2007 Crisis Line NT, Vice President