



Sharon Johnson

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Town: Southern Suburbs, Cape Town

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TRE Qualifications: TRE Practitioner Level I

Other Qualifications:

- Studying for PhD in Psychology, specialising in stress and burnout
- Masters in Psychology (Stellenbosch)
- Registered trauma counsellor with HPCSA
- Higher Diploma in Communication Studies
- Journey therapist, Capacitar trainer

Comments:

I am a registered counsellor, specialising in trauma, stress and burnout. I have years of experience working in wellness in the non-for-profit sector, counselling and supervising community counselors and working one-on-one and in healing workshops to empower communities and build social capital.

I see TRE as part of this healing vision. I also run a private counseling practice, specializing in areas such as couples counselling, dealing with illness, and trauma and stress.