

## **Bio Dr. Barbara Louw (PhD)**

Dr Barbara Louw works as a Traumatologist, registered wellness- and pastoral counsellor. Her professional registration falls under ASCHP (Association for Supportive Counsellors and Holistic Practitioners) and ACRP (Association of Christian Religious Practitioners). Her postgraduate studies included an investigation of the use narrative therapy with victims of sexual violations (Master's in Sociology) and posttraumatic embitterment disorder (PhD in Management). As a renowned author, speaker and training facilitator, Dr Barbara started her journey in the helping profession as an ordained minister. She started a non-profit organisation, Inter Trauma Nexus, in 1998 with the sole purpose of bringing hope to victims of crime.

Dr Barbara is a BACA (Board for the Affiliation of Counselling Associations) board member and certified CPD facilitator and she ensures the improvement of industry wide standards and skills through extensive CPD workshops. As a faculty member of Liedani cc as DaVinci Institute research associate, Dr Barbara is involved with the development of new qualifications.

In her capacity as trauma relief facilitator and strategic advisor to the NAA-SA (National Accommodation Association – South Africa) Dr Barbara continues to assist community members and tourists who are affected by crime and trauma in South Africa. Dr Barbara also invests a portion of her time pro-bono in several local church and community projects.

Dr Barbara has been a training evaluation advisor for several corporate clients in the field of emergency response, including Trigger SA. Other long-term corporate clients include the Foschini Group, Railway Furnishers, and Brenner Mills. Her business services and training company, Aquilla Advisors cc, has been a member of the CCBC (Capital City Business Chamber) for over ten years.

Through her private practice, Aquilla Wellness Solutions, Dr Barbara developed Kailo Soothing Oils and Kailo Movement Programme to assist people to reduce sensory trauma in their bodies. Dr Barbara and her team of experts continue to develop and improve on these programmes to better assist the needs of her clients. In the process of completing her postgraduate studies, Dr Barbara developed numerous therapeutic tools with the aim of assisting therapists and counsellors, as well as other professional people in the helping professions, to guide their clients to identify their emotions. These therapeutic tools also assist people to grow towards enhanced wellness. Dr Barbara authored several books with a similar aim. The latest publications by Dr Barbara are entitled "Roots and All – dealing with posttraumatic embitterment" and "Time to be Well".

Her continued dedication to lifelong learning sees her completing a second doctoral degree focusing on wellbeing and folk medicine.

(Compiled by: Aquilla Advisors)