Carlie Pottington Offering Inclusive, Trauma-Informed Counselling in Sydney CBD

May 19, 2025

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Carlie Pottington Counselling, a private psychotherapy practice led by PACFA-registered and BACP-accredited therapist Carlie Pottington, is now welcoming clients in Sydney. Operating out of the Here Completely offices in the historic Dymocks Building on George Street, the practice provides in-person and online counselling services grounded in compassion, inclusivity, and evidence-based care.

The launch of services in Sydney follows Pottington?s relocation from the United Kingdom, where she built a respected career supporting individuals through mental health challenges across diverse settings. With more than eight years of clinical experience, Pottington brings a rich therapeutic background to her work in Australia, helping adults navigate issues such as trauma, identity, sexuality, gender, relationship diversity, grief, anxiety, low self-worth, and life transitions.

?My decision to move to Sydney was driven by a desire to grow personally and professionally in a setting that values openness and diversity,? said Pottington. ?I?m honoured to bring my practice to a community that shares these values and to offer a space where people feel truly seen and supported.?

Originally from Brighton - a UK city celebrated for its progressive ethos - Pottington has long held a commitment to affirming and client-centred therapy. She is known for her warm, collaborative style and her integrative approach that draws from Gestalt psychotherapy, Internal Family Systems, and Polyvagal Theory. Her practice is particularly welcoming to LGBTQ+ individuals and others exploring complex aspects of identity and belonging.

Pottington?s professional history includes work with prominent UK-based organisations such as Mind Out, an LGBTQ mental health charity; St Wilfrid?s Hospice; and the Body and Mind Centre in London. During the COVID-19 pandemic, she extended mental health support through partnerships with organisations including Gaydio and Tide.

Now based in Suite 11, Level 7, 428 George Street, Sydney, Pottington offers therapy from a private and central location that caters to the busy lives of urban professionals and residents alike. The practice is designed to provide a calm and affirming space where clients can explore their emotional worlds and work toward meaningful change. Sessions are also available online for clients throughout Australia.

?Everyone carries their own story, and I believe therapy provides a rare opportunity to slow down and reflect on the deeper layers of our experience,? said Pottington. ?The process of self-discovery and healing looks different for each person, and I feel privileged to be part of that journey.?

The launch of Carlie Pottington Counselling in Sydney comes at a time when mental health care is a growing priority nationwide. With increasing awareness of trauma, anxiety, and emotional burnout, Pottington?s practice expands the city?s therapeutic options with a focus on depth, inclusivity, and long-term wellbeing. Her presence adds valuable support for individuals seeking personalised, evidence-based care in a safe, affirming environment - particularly those who have felt overlooked by traditional services or are navigating complex emotional and identity-related experiences.

Prospective clients can learn more and book a complimentary 15-minute consultation by visiting carliepottington.com.

About Carlie Pottington Counselling

Carlie Pottington Counselling is a trauma-informed therapy practice based in Sydney, Australia. Founded by Carlie Pottington, a PACFA-registered and BACP-accredited therapist, the practice provides integrative psychotherapy for adults dealing with a wide range of emotional and psychological challenges. With a commitment to inclusivity, identity-affirming care, and professional integrity, the practice supports clients through both in-person and online sessions.

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For more information about Carlie Pottington Counselling, contact the company here:Carlie Pottington CounsellingCarlie Pottingtonpress@carliepottington.comHere CompletelySuite 11, Level 7/428 George St,Sydney NSW 2000,Australia

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