



International Acupuncture & Dry Needling Association of Physiotherapists

IADAPT WEBINAR presentation

Wednesday May 27th 2026 at 7.00pm AEST

Sensing the Breath Again: From Pain to Presence Through Integrative Acupuncture

*Trauma-Informed Physiotherapy
with a Refugee Survivor of Torture*

Presenter:

Veena O'Sullivan, Physiotherapist

- *Qualifications: BAppSc (Phty), Sydney University; MAppSc (Phty), Sydney University; Grad. Dip (Counselling), Australian College of Applied Professions*
- *Australian Physiotherapy Association (APA)*
- *Acupuncture and Dry Needling Group (APA, NSW)*
- *Australian Society for Acupuncture Physiotherapists (ASAP)*



Veena O'Sullivan has been a registered physiotherapist since 1981, holding both undergraduate and postgraduate qualifications in physiotherapy. With a Graduate Diploma in Counselling, she integrates holistic approaches into her practice. Her extensive experience spans clinical and academic settings, including the Faculty of Health Sciences at Sydney University. Currently, she works both in private practice and at STARTTS (NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors).

Specialized Trauma-Focused Physiotherapy

Over nearly 25 years at STARTTS, Veena has specialized in offering trauma-specific physiotherapy services to survivors of refugee trauma and torture. She works across different age groups and with clients who come from diverse cultural backgrounds. Her integrative approach addresses chronic pain by considering the deep emotional suffering imprinted in the body. She combines various techniques to interrupt the chronic pain cycle, improve functioning, and teach self-help skills. This approach is tailored to each individual and works in collaboration with counselling services, reflecting a shared duty of care.

Case Study Illustration Using Integrative Acupuncture: A Healing Tool

Trained and inspired by the late Paula Raymond Yacoub in Integrative Acupuncture (IA), Veena has found this method invaluable in aiding her clients' healing processes at STARTTS. IA has been a powerful and nurturing tool in addressing complex presentations of trauma.

Veena will present a powerful case study to illustrate and reflect upon her trauma-focused approach, emphasizing the use of Integrative Acupuncture for clients with multifaceted trauma symptoms.

For registration see over for link and webinar times.

To register for the webinar please use following link:

<https://uso2web.zoom.us/meeting/register/sSjuhfroSTmVUEzxR2200A>

See below for IADAPT member countries and local time/day:

| City | Local Time | Day | Date |
|-------------------------|------------|-----|--------|
| Perth (AWST UTC+8) | 5:00 PM | Wed | 27 May |
| Canberra (AEST UTC+10) | 7:00 PM | Wed | 27 May |
| Sydney (AEST UTC+10) | 7:00 PM | Wed | 27 May |
| Auckland (NZST UTC+12) | 9:00 PM | Wed | 27 May |
| Athens (EEST UTC+3) | 12:00 PM | Wed | 27 May |
| Copenhagen (CEST UTC+2) | 11:00 AM | Wed | 27 May |
| Dublin (IST UTC+1) | 10:00 AM | Wed | 27 May |
| Hong Kong (HKT UTC+8) | 5:00 PM | Wed | 27 May |
| Buenos Aires (UTC-3) | 6:00 AM | Wed | 27 May |
| Nicosia (EEST UTC+3) | 12:00 PM | Wed | 27 May |
| London (BST UTC+1) | 10:00 AM | Wed | 27 May |
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