

# sacrededge



## Profile: Thaedora Frangos

Thaedora is the Project Officer for CATSIHP, the College of Aboriginal and Torres Strait Islander Healing Practices, created in 2019 by the Psychotherapy and Counselling Federation of Australia. CATSIHP supports, develops and accredits culturally grounded Indigenous Healing Practices and programs.

Thaedora is known for her ability to hold a generous, safe, compassionate space. She is a registered Wayapa® Wuurk (earth mindfulness) facilitator who will help the Sacrededge community connect to country with earth connection and mindfulness.

Thaedora has developed skills in deep listening and holding space when working to facilitate complaint resolution, policy, research and outreach for the Ombudsman, Privacy Commissioner, and in Aboriginal Affairs.

Thaedora has facilitated yoga in diverse settings since 2009 including teaching pre and post natal yoga and has been practising as a Biodynamic Craniosacral Therapist since 2016 and Wayapa® Wuurk facilitator since 2018.

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**Thaedora Frangos**  
First Nations, Earth Mindfulness