



P: 07 5437 7548
PO Box 990
Maleny QLD 4552

To Whom It may Concern,

The Anti Depression Association of Australia recognises the qualifications of all Life Coaches that are employed at the Fountainhead Organic Retreat and Palladium Private organisations in Queensland, Australia. Further, both the coaching program and the retreat itself are also ISO 9001 accredited, IDAS(international quality assurance system). The coaches employed are qualified in a specialised technique dealing specifically with stress related illnesses, or the stress component of a physical illness. There are over 400 qualified coaches Australia wide in this method including Medical Doctors, Psychotherapists and psychiatrists as well as Journey Therapists and Mindfulness facilitators. This group in Queensland have successfully treated over 4,000 clients over the last decade using this method combined with residential Holistic Programs, (nutrition, exercise, and physical detoxification programs).

Many illnesses have a stress component. Anxiety, depression, post natal syndrome, post trauma, panic attacks, as well as most alcohol or drug dependencies have this at their core. Physical health traumas such as Cancer, HIV, Heart disease and diabetes, more often soon develop into a co-morbidity situation whereby the subsequent stress related component, often produces more symptoms and indeed more impediment to health and healing than the original disease.

The Fountainhead Method specialises in this treatment.

For further information please do not hesitate to contact me in the first instance on chair@adaa.org.au

Wayne Parrott

Wayne Parrott Honorary Chairman ADAA