



Adela Holmes
Therapeutic Care & Practice Consultant

- Adela has had a five-decade career in the Victorian child & family welfare sector and during this time has worked for both the Victorian government and the non-government sector. She undertook Family Therapy at LaTrobe University (Bouverie Family Therapy Centre), graduating with Distinction in 2001.
- Adela has an established reputation for developing programs and leading practice in therapeutic care services for the most complex trauma-impacted children and adolescents. She demonstrates expertise in working and supporting others to work successfully with children & adolescents with these complex presentations towards healing.
- In her consultancy, Adela provides: Individual Clinical Supervision; Reflective Practice Groups; bespoke therapeutic training for carers in foster care and residential care; as well as for teachers working with trauma affected children in mainstream schools; she has developed a small group learning approach specifically for Kinship carers, 'Conversations for Care'.
- In 2002 Adela wrote the successful submission for Victoria's first Intensive Therapeutic Service (Take Two). Later, in 2005, in her role at Take Two, Adela was tasked by the Victorian government to undertake the research and design of Victoria's first therapeutic residential care pilot program 'Hurstbridge Farm', which she then managed for 3 years. The early promising results led to the initiation of twelve other pilots using the same practice model. All 13 pilots were evaluated, demonstrating positive client outcomes. (Verso Evaluation of TRC Pilots, 2011). Both programs continue to operate for 23 & 19 years respectively.
- Between 2011 & 2014, Adela was Principal Practitioner at the Victorian Aboriginal Child Care Agency (VACCA) tasked to develop a trauma informed, culturally apt Therapeutic Practice Model.
- In October 2024, Adela was awarded the inaugural Industry Award for 50 years of Distinguished Service to Out of Home Care in Victoria by the Centre for Excellence in Child & Family Welfare.

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