

Psychologists



Terri Sheldon
(Clinical, Counselling and Educational & Developmental Psychologist)
Client Group: Infants, Children, Adolescents and Adults
Specialising in: Depression, Anxiety and stress related disorders, Adjustment disorders, Emotional eating problems, Grief and loss, Life transition difficulties, Childhood developmental and mental health issues, Educational assessment, Enhancing resilience in children, Parenting skills and Professional supervision
Therapies used: CBT, EMD-R, EFT and Psychodynamic Psychotherapy



Judy Robinson (Clinical Psychologist)
Client Group: Children, Adolescents and Adults
Specialising in: Depression, Anxiety, Grief and Loss, Adjustment Disorders, Perinatal Depression, Lifelong development, Transition and Supervision.
Therapies used: CBT, ACT, MBCT, Mindfulness based therapies, Psychodynamic, Family Therapy, Client focussed therapy, Interpersonal Therapy, Narrative therapy, Integrative Therapy and Behaviour Modification



Tina Cicolini (Clinical Psychologist)
Client Group: Adults
Specialising in: Depression, Anxiety, Adjustment to Health issues, Addiction, OCD and OCD Spectrum (Trichotillomania & Body Dysmorphic Disorder), and Borderline Personality Disorder.
Therapies used: CBT, DBT and ACT



Jude Robb (Clinical Psychologist)
Client Group: Adults 25 years and older
Specialising in: Depression, Anxiety, Psycho-education, supervision, life coaching and training / workshops
Therapies used: CBT



Jodie Watkins (Clinical Psychologist)
Client Group: Infants, Children, Adolescents and Adults
Specialising in: Mood and anxiety disorders, behavioural, social and emotional problems, learning difficulties, ASD and developmental issues, eating disorders, parent-child interaction difficulties, parenting skills, professional supervision
Therapies used: CBT, CBT-E, Maudsley FBT, Family Therapy, Attachment-based therapy, Parent management training, Play Therapy, Groups



Dr Ian Platt (Clinical Psychologist)
Client Group: Children, Adolescents and Adults
Specialising in: Depression, Anxiety, Phobias, Grief and loss, Trauma, Relationship difficulties
Therapies used: CBT, Schema Therapy, ACT



Leanne Jones (Psychologist)
Client Group: School aged Children (5-17 years)
Specialising in: Educational psychology, Cognitive Psychology, Clinical Psychology, Preventative Psychology
Therapies used: CBT, Solution Focused Therapy, Mindfulness approaches, Play Therapy, EFT, Group therapy, ACT and Family Therapy, COGMED



Shelly Read (Clinical Psychologist)
Client Group: Adolescents and Adults
Specialising in: Depression, Anxiety, Trauma, Family work, Eating Disorders
Therapies used: CBT, CBT-E, Maudsley FBT, Family Therapy.

Psychologists (cont.)



Mary Kelly (Clinical Psychologist)
Client Group: Children (6-12 yrs) and Adults
Specialising in: Depression, Anxiety, Grief and loss, Emotional Resilience for children (including groups)
Therapies used: CBT, ACT and Mindfulness based strategies



Andrew Harris (Psychologist)
Client Group: Children, Adolescents and Adults
Specialising in: Depression, Anxiety, Indigenous and Other Cultures, Complex trauma, Gendered issues, Anger, Violence, Emotion, Identity, Relationship communication, Families, Workplace dynamics and conflict, Training and Supervision
Therapies used: CBT, Narrative Therapy



Erinn Hawkins (Clinical Psychologist)
Client Groups: Infants, Children, Adolescents, Adults.
Specialising in: Depression, anxiety, family/parenting, grief and loss, OCD, ASD, cognitive assessments, learning difficulties, health related issue, trauma and professional supervision.
Therapies used: CBT, Trauma based CBT, CPT, Motivational Interviewing, Attachment-based therapies, Parent Management training & Collaborative Problem Solving



Julia Say (Psychologist)
Client Groups: Children, Adolescents, Adults and Families
Specialising in: Personality vulnerabilities, Identity issues, Eating disorders, Attachment issues, Gender issues, Life cycle transitions, Anxiety, Depression
Therapies used: CBT, ACT, DBT, Psychodynamic therapy, Motivational interviewing and Trauma informed therapy

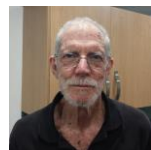


Psychiatrists

Dr Nigel Collings
Child Psychiatrist
Specialising in: the assessment and treatment of children aged 0-12 years and their families



Dr David Furrows
Children and Adolescent Psychiatrist
Specialising in: Child and Adolescent psychiatrist specialising in assessment and treatment of children adolescents and their families.
(Books are currently Closed)



Dr Richard Williams
General Adult Psychiatrist
Specialising in: Mental illness, Drug and alcohol and Dementia.



Administration

Clair Sykes
Practice Manager
BSocSci DipCoun

Therapy abbreviations:

ACT - Acceptance and Commitment Therapy
CBT - Cognitive Behavioural Therapy
CBT-E - Enhanced Cognitive Behavioural Therapy
CPT - Cognitive Processing Therapy
DBT - Dialectical Behaviour Therapy
EFT - Emotional Freedom Technique
EMDR - Eye Movement Desensitization and Reprocessing
Maudsley FBT - Maudsley Family Based Therapy
MBCT - Mindfulness Based Cognitive Therapy