

## 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, EMDR, 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



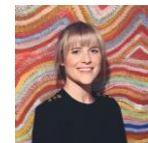
**Mary Kelly** (Clinical Psychologist)  
Client Group: Children (6-12 yrs) and Adults  
Specialising in: Depression, Anxiety, Grief and loss, Emotional Resilience for children (including groups)  
Therapies used: CBT, ACT and Mindfulness based strategies



**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, Attachment issues, Gender issues, Life cycle transitions, Anxiety, Depression  
Therapies used: CBT, ACT, DBT, Psychodynamic therapy,



**Tania Krecek** (Psychologist)  
Client Groups: Children, Adolescents, Adults and Families  
Specialising in: Depression and mood related disorders; anxiety, OCD, phobias and related disorders; emotional difficulties; personality vulnerabilities; complex mental health problems.  
Therapies used: CBT, ACT, Psychodynamic therapy,



**Samantha Cole** (Psychologist)  
Client Groups: Children, Adolescents, Adults  
Specialising in: Mood and Anxiety Disorders, Stress and Adjustment Disorders, Women's issues, particularly perinatal issues, behavioural, social and emotional difficulties in children, including emotional resilience and social skills group work, and cognitive and learning assessments.  
Therapies used: CBT, ACT and Mindfulness based approaches.



**Shreas Narayanan** (Psychologist)  
Client Groups: Adolescents and Adults  
Areas of interest: Trauma, emotional regulation difficulties, stress and adjustment issues, grief and loss, mood disorders  
Types of therapy used: Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Supportive counselling, Motivational Interviewing.



## 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

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