

## 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, Child 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



**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



**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, Clinical and Preventative Psychology  
Therapies used: CBT, Solution Focused Therapy, Mindfulness approaches, Play Therapy, EFT, Group therapy, ACT and Family Therapy, COGMED



**Dr 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



**Dr 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** (Clinical Psychologist)  
Client Groups: Children, Adolescents, Adults and Families  
Interest in: Personality vulnerabilities, Identity issues, Attachment issues, Gender issues, Life cycle transitions, Anxiety, Depression  
Therapies used: CBT, ACT, DBT, Psychodynamic therapy,

**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

## Psychologists (cont.)



**Tania Krecek** (Psychologist)  
Client Groups: Children, Adolescents, Adults and Families  
Interest 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,



**Jessica Hocking** (Psychologist)  
Client Group: Children, Adolescents and Adults  
Interest in: Depression, Anxiety, Trauma, Substance Abuse, Psycho-Education, Attention-Deficit Hyperactivity Disorder (ADHD) and other childhood and neurodevelopmental disorders, and Phobias.  
Therapies used: CBT, TF-CBT, Exposure Therapy, ACT and Mindfulness-based Approaches.



**Shannon Bloom** (Clinical Psychologist)  
Client Group: Adolescents and Adults  
Interest in: Depression, Anxiety, Self Harm, Low self esteem, Decreased resilience, Bullying concerns, Stress  
Therapies used: CBT, ACT, Schema Therapy, Positive Psychology



**Sarah Orr** (Psychologist)  
Client Groups: Children, Adolescents, Adults  
Interest in: Depression, Anxiety, ASD, Relationships, Women's issues, Stress  
Therapies used: CBT, DBT, ACT, Motivational Interviewing

## Psychiatrists



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



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



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



## NDIS Counsellor, Support Coordinator & Plan Manager

**Clair Sykes**  
BSocSci DipCoun



## Administration

**Megan Maitland**  
Administration Manager

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