

Psychologists



Terri Sheldon
(Clinical, Counselling and Educational & Developmental Psychologist)
Client Group: 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 Young Adults
Specialising in: Mood and anxiety disorders, social and emotional difficulties, ADHD and learning difficulties, ASD and developmental disorders, grief and loss, health-related issues, trauma, eating disorders, parent-child relationship difficulties, parenting skills, professional supervision
Therapies used: CBT, CBT-E, Maudsley FBT, Attachment-based therapies, Parent Management Training, Collaborative Problem Solving, Play Therapy, Animal-Assisted Therapy, Group Therapy



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



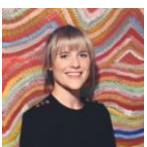
Leanne Jones (Psychologist)
Client Group: School aged Children (5-18 years), Young adults (<30 years)
Specialising in: Educational Psychology, Clinical Psychology (anxiety - including OCD, phobias, selective mutism, social anxiety; depression; grief & loss; parent coaching; self-esteem issues) and Preventative Psychology (developing adaptive coping skills)
Therapies used: CBT (including systematic desensitisation), Solution Focused Therapy, Mindfulness Approaches, Trauma-Focused CBT, ACT, EFT, Play Therapy, Narrative approaches.



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

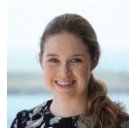


Dr Erinn Hawkins (Clinical Psychologist)
Client Groups: Infants, Children, Adolescents, Adults.
Specialising in: Depression, anxiety, family/parenting, grief and loss, OCD, ASD, cognitive assessments, learning difficulties, health related issue, trauma and professional supervision.
Therapies used: CBT, 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,

Psychologists (cont.)



Tania Krecek (Clinical 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 (Clinical 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, ACT, Motivational Interviewing

Psychiatrists



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



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.

Counsellor



Clair Sykes (Counsellor)
Client Groups: Children, Adolescents, Adults, Families, NDIS
Support Coordination and Plan Management
Interest in: ASD, ABI, Psychosocial disability, Intellectual disability
Therapies used: CBT, ACT, Mindfulness, Motivational Interviewing, Parent Management Training & Collaborative Problem Solving

Administration Manager



Megan Maitland

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