

ACCESS + APPROVED PROVIDERS

PROFESSION	FIRST NAME	SURNAME	SUBURB	DISABLED ACCESS	GEN	CMHS	ATSI	SPP	PND	SPECIALTIES	OTHER LANGUAGES	AVAILABILITY
Clinical Psychologist	Kathryn	Taylor	ARTARMON	Yes	GEN		ATSI			Depression, Aanxiety, Post Traumatic Stress Disorder, Adjustment disorder, Trauma, Homelessness		UPON REQUEST
Registered Psychologist	Veronica	Loh	ASQUITH	Yes	GEN	CMHS	ATSI			Depression, Anxiety, Stress, Adjustment disorders, Parenting, Trauma, Loss and Grief, Relationship issues, Self-esteem issues, Body Image concerns, Emotional regulation. CBT, DBT and EMDR.		
Clinical Social Worker	Patricia	McNamara	ASQUITH	No	GEN	CMHS > 5ys	ATSI	SPP		Alcohol Abuse, Anger Management, Bullying, Community Consultation Evaluation, Conflict Resolution, Criminal Behaviour, Critical Incident / Stress Debriefing, Cross Cultural, Divorce, Separation, Gender, Sexuality, Identity, Health Related Problems, Infertility, Leadership, Postnatal Depression, PTSD, Self Harm. Suicide, Sexual Abuse, Trauma, Victims Of Crime, Work Stress, Bullying, Domestic Violence, Low self-esteem. Clinical Social Worker with over 25 years' experience working in the area of trauma.		
Registered Psychologist	Matthew	White	ASQUITH	No	GEN	CMHS > 16yrs	ATSI	SPP		Trauma, Anxiety, Depression, Relationships. DBT, ACT, CBT, Schema, M.I, Blue Knott		
Registered Psychologist	Ashleigh	Hough	BALGOWLAH	Yes	GEN	CMHS	ATSI			ADHD, Adjustment, Anxiety, Phobias, Behaviour Problems, Bullying, Depression, Divorce, Separation, Intellectual Assessments, Learning Difficulties, Parenting, Post Natal Depression, Sexual Abuse, Trauma		CURRENTLY HAS WAITLIST
Clinical Psychologist	Sandra	Coetzee	BELROSE	No	GEN		ATSI	SPP		Over 20 years experience as a Clinical Psychologist and supervisor working with Adults, Adolescents and Couples within the field of Addictions, including Drugs, Alcohol and Gambling. Depression, Anxiety & phobias, Personality disorders, PTSD, Substance abuse, Couples therapy, Postnatal Depression, Stress management, Grief/loss		
Registered Psychologist	Yelena	Udy	BROOKLYN	No	GEN		ATSI	SPP		Over 15 years experience in private practice integrating Process Oriented Psychology. including Assertiveness training, Critical Incident Stress Debriefing, Health related problems, Post Traumatic Stress Disorder, Conflict resolution, Leadership, Behaviour problems, Couples therapy, Cross-cultural, Trauma		
MH Nurse	Wendy	Corliss	BROOKVALE	Yes	GEN		ATSI	SPP	PND	Trained in EMDR, Somatic Experiencing, Psychodynamic Psychotherapy, and Trauma Sensitive Yoga with over 20 years experience in Post-traumatic Stress Disorder, Addictions, Eating disorders, Adjustment, Anxiety/phobias, Depression, Postnatal Depression, Trauma, Anger Management, Community consult/evaluation, Dissociative identity disorder, self harm/suicide, PTSD, Alcohol abuse Health related problems Bullying		
Clinical Psychologist	Elise	Edwards	BROOKVALE	Yes	GEN	CMHS > 18 YRS	ATSI			Childhood Trauma, Personality disorders, Body image difficulties, Eating disorders, Anxiety, Depression, Self-esteem, Identity issues, Grief and loss. ACT, DBT, CBT, Trauma-informed Psychotherapy		CURRENTLY AT CAPACITY AT THIS LOCATION - BY REQUEST ONLY
Registered Psychologist	Lara	Petrulis	BROOKVALE		GEN	Does not work with Children	ATSI			Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training, Bullying, Conflict Resolution, Couples Therapy, Criminal Behaviour, Depression, Dissociative Identity Disorder, Divorce / Separation, Eating Disorders, Gambling, Gender / Sexual Identity, Health Related Problems, Impulsive Behaviours, Parenting, Personality Disorders, Post Natal Depression, PTSD, Self Harm / Suicide, Sexual Abuse, Terminal Illness, Trauma, Victims of Crime, Work Stress / Bullying, Complex trauma		
Registered Psychologist	Jessica	Radovan	BROOKVALE	Yes	GEN	CMHS	ATSI			ADHD, Adjustment, Anger Management, Anxiety, Phobias, Assertiveness Training, Autism Spectrum, Behavioural Problems, Depression, Eating Disorders, Health Related Problems, Intellectual Assessment, Learning Difficulties, Parenting, Self Harm, Suicide		
Registered Psychologist	Samira	Wiemer	CASTLE HILL	Yes	GEN	CMHS > 17YRS	ATSI			Depression, Anxiety, Parental / Occupational burnout, Substance use disorders, Anger management, Relationship issues / breakdowns, Parent-child relationship issues, Parenting struggles, Low self-esteem, Couples therapy, Women's mental health. Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Gottman Level 1 & 2 Compassion Focused Therapy, Emotionally Focused Therapy, Parenting as a Team Program, Circle of Security Training.		8:00am - 6:00pm
Registered Psychologist	Kylie	Finlayson	CHATSWOOD	Yes	GEN	CMHS > 18yrs +	ATSI			Adult mental health, Mens mental health, Anger Management, Emotional distress, Trauma, Prolonged grief, Depression, Anxiety, CBT, DBT, Narrative, Schema, Mindfulness Based Stress Reduction		
Registered Psychologist	June	Gay	CHATSWOOD		GEN	CMHS > 18yrs +	ATSI			Adjustment, Anxiety, Phobias, Assertiveness Training, Bullying, Critical Incident / Stress Debriefing, Cross Cultural, Depression, Divorce, Separation, Gender / Sexual Indentity, Health Related Problems, Leadership, LGBTQI, Parenting, Post Natal Depression, PTSD, Sleep Disorders, Work Stress, Bullying		F2F / TELE

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Registered Psychologist	Lidia	Long	CHATSWOOD	Yes	GEN		ATSI			Anxiety & Depression, Alcohol & Substance abuse, Bipolar disorder, Chronic disease management, Drug dependence, Gambling, Grief and loss, Parenting, Rehabilitation/injury counselling, Health related problems, Pain management, Personality disorders, OCD, Mental illness, Post-natal Depression. WDO Approved	Italian	
Registered Psychologist	May	Tse	CHATSWOOD		GEN	CMHS > 16yrs +	ATSI			CBT, DBT, ACT, IPT models, Treatment of Survivors of Abuse and Trauma, Domestic Violence & the Family Law, Child protection & prevention, Suicide & Crisis management, Aboriginal Cultural Awareness, Chronic Stress, Work & Relational Conflict, Anxiety, Depression, Family Violence, Separation & Divorce, Life transition & Adjustment, Loss & Grief, Trauma & Attachment problems, Weight Management, Mindfulness Training, Psycho Education. Family Therapy, Emotionally Focused Therapy	Cantonese Mandarin	
MH Nurse	Wendy	Corliss	COLLAROY PLATEAU	Yes	GEN		ATSI	SPP	PND	Wendy is trained in EMDR, Somatic Experiencing, Psychodynamic Psychotherapy, and Trauma Sensitive Yoga with over 20 years experience in Post-traumatic Stress Disorder, Addictions, Eating disorders, Adjustment, Anxiety/phobias, Depression, Postnatal Depression, Trauma, Anger Management, Community consult/evaluation, Dissociative identity disorder, self harm/suicide, PTSD, Alcohol abuse Health related problems Bullying		
Registered Psychologist	Jennifer	Fildes	CREMORNE POINT	No	GEN		ATSI	SPP		Special interest in people who are recovering, adjusting and managing life and stress following a life threatening experience, illness or health crisis. Specialised in complex cardiac recovery and adjustment and cancer, Trauma, Anxiety, Depression, Mood changes.		Mon 1pm-7:30pm Tue 7am-8:00pm Wed 7am-7:00pm
Clinical Psychologist	Michelle	Doherty	CROWS NEST	Yes	GEN	CMHS > 16 YRS	ATSI			Anxiety, Depression, Grief & loss, Stress and burnout, Adult ADHD, Emotion regulation, Relationships, Identity and self-esteem, Trauma, Complex PTSD. Psychodynamic-informed, Integrative and Relational therapies.		
Registered Psychologist	Jackie	Kingston	CROWS NEST	Yes	GEN	CMHS > 18 yrs	ATSI	SPP	PND	Adjustment, Anxiety & Phobias, Depression Work stress & Workplace bullying, Self harm/suicide, Trauma, PTSD, Sleep disorder. CBT, ACT.		TELEHEALTH
Registered Psychologist	Jessica	McGinty	CROWS NEST	No	GEN	CMHS > 12 yrs	ATSI			Special interest in neurological conditions, Neurodivergence, Sleep, Dementia, Epilepsy, Illness-related Adjustment disorders, Functional Neurological Disorder (FND) and cognitive impairment. Adjustment disorder, Older persons, Dementia, Epilepsy, Anxiety & Phobias, Depression		
Registered Psychologist	Matthew	White	CROWS NEST	No	GEN	CMHS > 16yrs	ATSI	SPP		Trauma, Anxiety, Depression, Relationships. DBT, ACT, CBT, Schema, M.I, Blue Knott		
Registered Psychologist	Sue	Gynther	DENISTONE	No	GEN		ATSI			Anger related issues, Anxiety, Panic attacks, Assertiveness, Communication issues, Depression, Dissociative disorders, Eating disorders, LGBTQI+, Gender and sexuality, Grief / Bereavement, Life transitions, Post natal depression, Relationship issues, PTSD, Sexual abuse, Suicide, Couples therapy. CBT, Emotional release, Interpersonal, Person centred, Inner child, Trauma recovery.		
Registered Psychologist	Liliane	Benti	DEE WHY		GEN	CMHS > 12 YRS	ATSI	SPP	PND	Anxiety, Mood disorder, PND, Life transition, Adjustment, Adolescent mental health, Self harm/suicide, Behavioural Parenting Relationship	French	Tue / Thur: 12pm to 7 pm Wed : 9 am to 6pm (telehealth only until 30/09/21)
Registered Psychologist	Leanne	Cater	DEE WHY	No	GEN	CMHS > 15 YRS	ATSI	SPP		Anxiety & Phobias, Depression, Self esteem & self development, Shyness & social skills deficits, Alcohol & Substance abuse, Criminal behaviour, Family court issues, Postnatal Depression, Grief/loss, Adolescent mental health, Crisis management, Psychotic illnesses. CBT, Interpersonal Therapy, Mindfulness techniques, Solution Focused Therapy and practical based interventions.		
Registered Psychologist	Vanessa	Ereaux	DEE WHY	Yes	GEN		ATSI		PND	Depression, anxiety & stress, ADHD support, Autism, Parenting concerns, Adjusting to change, Intense emotions and distress, Late life depression & anxiety, Pregnancy related concerns, Post natal depression & anxiety, Grief & loss, Sleep problems, Anger management, Assertiveness & self esteem, Life transitions, Finding meaning & purpose in life, Psychological support for women with Lipoedema.		
Registered Psychologist	Kate (Catherine)	McMaugh	DEE WHY		GEN	CMHS	ATSI	SPP		Community consult/evaluation, Post-traumatic stress, Sexual abuse, Personality disorders, Self harm/ suicide, Trauma Adjustment, Anxiety/phobias Couples Cross-cultural Depression Intellectual disability Learning difficulties Parenting PND, PTSD, Dissociative Disorders		UPON REQUEST
Registered Psychologist	Hannah	Myall	DEE WHY	No	GEN	CMHS	ATSI			Anxiety disorders, Depression, Trauma, Neurodevelopmental disorders, Autism, ADHD, Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder (BED), Orthorexia Nervosa (ON), Avoidant Restrictive Intake Disorder (ARFID), Other Specified Feeding or Eating Disorder (OSFED). Specialist credentialed eating disorder training in Cognitive Behavioural Therapy (CBT-E) through ANZAED, ACT, Mindfulness, EMDR, Cognitive Hypnotherapy, Neurolinguistic Programming (NLP), Emotional Freedom Technique, (EFT)		

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Registered Psychologist	Shalav	Mehta	DURAL	Yes	GEN	CMHS > 16 YRS	ATSI	SPP		Depression, Anxiety, Bullying, Health related problems, Mindfulness, Cross cultural, Trauma, ADHD, Alcohol abuse, PTSD, sleep disorders, Sexual abuse, Victim of crime,	Hindi / Urdu / Punjabi	
Clinical Psychologist	Stephanie	Saulnier	DURAL		GEN		ATSI	SPP		Health related problems, PTSD, Trauma, Victims of Crime, anxiety & phobias, grief, stress, adjustment, depression, OCD, domestic violence.		
MH Nurse	Jason	Zou	EASTWOOD		GEN		ATSI	SPP		Adjust, Anger Management, Anxiety, Phobias, Behavioural Problems, Bully, Community Consultation Evaluation, Conflict Resolution, Couple Therapy, Cross Cultural, Depression, Divorce, Separation , Gambling, Health Related Problems, Impulsive Behaviours, Leadership, Learning Difficulties, Parent, PTSD, Self Harm, Suicide, Terminal Illness, Trauma, Work Stress, Bullying	Mandarin / Shanghainese	
Registered Psychologist	Stephanie	Schwarz	EPPING	Yes	GEN	CMHS	ATSI	SPP	PND	Parenting and family stress, Child behaviour, Challenges in Adolescence, Loss, Depression, Stress, Anxiety, Trauma Suicidal behaviour and ideation, Families in global transition/cross cultural adjustment. Solution Focused Therapy (SFT), Strengths Based Therapy, Family Systems Therapy, Eye Movement Desensitisation and Reprocessing (EMDR)		
Registered Psychologist	Ida	Soghomonian	EPPING	Yes	GEN		ATSI			Assertiveness training, divorce/separation, work stress, anxiety & phobias, couples therapy, cross-cultural, Depression, parenting, PND, trauma. WDO Approved.	Armenian / Farsi	
Registered Psychologist	Isabel	Alfonso	FRENCHS FOREST	Yes	GEN	CMHS	ATSI			Stress, Anxiety, Panic attacks, Trauma, Anger, Low self-esteem, Loneliness, Relationships, Communication skills, Life transitions, Work problems, Gambling, Hoarding, Body image, Grief and loss, Depression.	Spanish	TELEHEALTH and F2F
Social Worker	Sue	Hawkins	FRENCHS FOREST	Yes	GEN	CMHS	ATSI	SPP	PND	Anxiety & phobias, Depression, Personality disorders, Postnatal Depression, Infertility issues, Relaxation, Stress Management, Grief/loss, Life transition & adjustment issues, Couples therapy, Work stress		
Registered Psychologist	Tanja	Limnios	FRENCHS FOREST	YES	GEN	CMHS	ATSI	SPP		Mood disorders, Trauma, Eating disorders, Low self-esteem, Workplace issues, Bullying and harassment, Conflict. EMDR, Family systems approach, Psycho-education, Parenting skills training.	German	
Clinical Psychologist	Fiona	Murray	FRENCHS FOREST		GEN	CMHS > 17 YRS	ATSI	SPP		Adjustment, Anxiety, Phobias, Couple Therapy, Depression, Gender, Sexuality, Identity, Infertility, LGBTQI, Parent, Personality Disorders, Post Natal Depression, PTSD, Self Harm, Suicide, Sexual Abuse, Terminal Illness, Trauma, Work Stress, Bullying	Afrikaans	
Registered Psychologist	Jane	Steele	FRENCHS FOREST	YES	GEN	CMHS > 12YRS	ATSI	SPP		Anxiety, Depression, Trauma, Emotional and behavioural difficulties, Workplace challenges, Interpersonal challenges. CBT, DBT, Skills Building, Motivational Interviewing		
Clinical Psychologist	Sarah	Langmore	GALSTON		GEN	CMHS	ATSI			Adjustment Anxiety/phobias/ Behaviour problems Depression/ Intellectual disability Learning difficulties parenting/ Self harm/suicide PTSD Bullying/ Anger management ADHD / Autistic spectrum Divorce/separation		UPON REQUEST
Clinical Psychologist	Yelena	Udy	GALSTON		GEN		ATSI	SPP		Assertive training, critical incident stress debriefing, health related problems, PTSD, Conflict resolution, Leadership, Behaviour problems, couples therapy, cross-cultural, trauma		
Clinical Psychologist	Gillian	Fox	GORDON		GEN	CMHS > 18	ATSI	SPP		Hoarding Disorder, Anxiety, Depression, Emotion Dysregulation, Trauma		
Clinical Psychologist	Simone	Iseman	GORDON	Yes	GEN		ATSI	SPP		Mood Disorders, Anxiety & phobias, Suicide, Depression Life transition & adjustment issues, Post-natal Depression Anger management		
Registered Psychologist	Nicole	Radcliffe	GORDON	No	GEN	CMHS > 16	ATSI			Adjustment, Alcohol Abuse, Anxiety, Phobias, Assertiveness Training, Bullying, Couples Therapy, Critical Incident / Stress Debriefing, Depression, Divorce, Separation, Health Related Problems, Parenting, PTSD, Self Harm, Suicide, Work Stress / Bullying		SATURDAY APPTS / TELEHEALTH AVAILABLE
Registered Psychologist	Jeanette	Svehla	GORDON		GEN		ATSI			Gambling, Trauma, Depression, Other Mood Disorders, Anxiety, Substance Abuse Disorders, Life Transitions and Adjustment issues.		
Registered Psychologist	Julie	Bryant	GREENWICH		GEN	CMHS > 17 YRS	ATSI		PND	Anxiety, Depression, Perinatal Mental Health, Attachment Parenting, Pregnancy, Childbirth, Postpartum, Eating disorders. ACT, CBT, DBT, Trauma focused CBT, Interpersonal Psychotherapy.		TELEHEALTH
Clinical Psychologist	Sally-Anne	Aarons	HORNSBY		GEN	CMHS > 16 YRS	ATSI	SPP		Anxiety, Panic attacks, Depression, Divorce/Separation, Grief/Bereavement, Insomnia, Intimacy issues, Life threatening illness, Life transitions, Loneliness, Neurological disorders, Chronic pain/Rehabilitation, Post natal depression, PTSD, Trauma recovery, Women's issues, Aging, neuro degenerative disease, Adjustment, Health related problems, Sleep disorders, Parkinson's. ACT, Attachment Theory, CBT, DBT, EMDR, Developmental, Mindfulness, Motivational Interviewing, Schema Therapy, Solution Oriented, Trauma-Informed.		

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Registered Psychologist	Megan	Andriessen	HORNSBY		GEN	CMHS > 17 YRS	ATSI			Depression, Anxiety, Attentional issues, Traumatic Stress, Life changes and transitions, PTSD, ADHD, Adjustment issues, Anger Management, Bereavement, Bipolar disorder, Coping skills, Emotional disturbance, Men's issues, Mood Disorders, OCD, Sexual abuse, stress. CBT, CPT, ACT, DBT, Schema Therapy.		
Clinical Psychologist	Kim	Boyd	HORNSBY	Yes	GEN	CMHS > 16 YRS	ATSI	SPP	PND	Adjustment Disorder, Anger Management, Anxiety, Phobias, Assertiveness Training, Bullying, Critical Incident Stress Debriefing, Cross Cultural, Cultural Inv, Depression, Dissociative Identity Disorder, Divorce and Separation, Eating Disorder, Health Related Problems, Impulsive Behaviour, Personality Disorder, Post Natal Depression, PTSD, Self Harm/Suicide, Sexual Abuse, Sleep Disorder, Terminal Illness, Trauma, Work Stress and Bullying		F2F / Telehealth
Registered Psychologist	Herbert	Fung	HORNSBY	Yes	GEN	CMHS > 15 YRS	ATSI			Depression, Anxiety, Adjustment disorders, Complex Post traumatic stress disorder (PTSD), relationship conflict, Grief and loss, Anger management, Drug and alcohol issues, Severe mental disorders and illnesses.	Cantonese	Thursdays and Fridays at this location
Registered Psychologist	Leesa	Garrety	HORNSBY	Yes	GEN	CMHS	ATSI	SPP		Adjustment, Anxiety, Phobias, Depression, Schizophrenia, Bipolar disorder, Gambling addictions, Trauma, Parenting, Post natal depression, Health Related Problems, Work Stress, Bullying. ACT, CBT, Interpersonal Therapy, Solution focused therapy, Motivational Interviewing and strengths based therapy.		Monday / Thursday
Registered Psychologist	Sharon	Hill	HORNSBY	No	GEN	CMHS > 16 YRS	ATSI			Anxiety, Depression, Trauma, Post-traumatic Stress Disorder, Addiction, Anger Management, Trauma, Relationship, family and work issues. CBT, Mindfulness, Narrative Therapy, Trauma Processing, Schema Therapy and Attachment Interventions.		
Social Worker	Purna	Kalra	HORNSBY		GEN	CMHS > 17 YRS	ATSI	SPP		PTSD, Sexual abuse, Personality disorders, Depression self harm/suicide, Trauma / Childhood Trauma, Attachment issues. DBT	Hindi / Urdu	
Registered Psychologist	Jackie	Kingston	HORNSBY	Yes	GEN	CMHS > 18 yrs	ATSI	SPP	PND	Adjustment, Anxiety & Phobias, Depression Work stress & Workplace bullying, Self harm/suicide, Trauma, PTSD, Sleep disorder		TELEHEALTH ONLY AT THIS LOCATION
Registered Psychologist	Susan	Nadolny	HORNSBY	Yes	GEN	CMHS	ATSI	SPP		Anxiety, Depression, Grief, Trauma, Life transitions, Stress management, Autism, ADHD, Learning difficulties. CBT, DBT, ACT, ART		
Registered Psychologist	Donald	O'Shaughnessy	HORNSBY	No	GEN	CMHS > 12YRS	ATSI			Anger Management, Sexual abuse, ADHD, Autistic Spectrum, Intellectual Assessment, behaviour problems, Couples Therapy, Parenting, Trauma, men's health issues, PTSD, Anxiety/phobias, Depression Juvenile Justice		
Clinical Psychologist	Kathryn	Taylor	HORNSBY		GEN		ATSI			Depression, Aanxiety, Post Traumatic Stress Disorder, Adjustment disorder, Homelessness		UPON REQUEST
Registered Psychologist	Simone	Natoli	HUNTERS HILL		GEN		ATSI			ADHD, Adjustment, Anxiety, Phobias, Assertiveness Training, Autism Spectrum, Behaviour Problems, Bullying, Conflict Resolution, Couples Therapy, Cross Cultural, Depression, Divorce, Separation, Eating Disorders, Impulsive Behaviours, Intellectual Assessments, Intellectual Disabilities, Learning Difficulties, PTSD, Self Harm, Suicide, Trauma		
Registered Psychologist	Rudolf	Stork	HUNTERS HILL		GEN	CMHS	ATSI	SPP		Anger management, Assertiveness Training Therapy, LGBTQ+, Alcohol abuse, Personality disorders, Depression, Anxiety and phobias, Gambling. CBT	Czech	
Registered Psychologist	Karina	Feldmann	KILLARNEY HEIGHTS	Yes	GEN	CMHS > 16 YRS	ATSI			Anxiety and worry, Phobias and fears, Perfectionism, Challenging Behavior, Neurodiversity (Autistic and ADHD people), Depression and low mood, Emotional Dysregulation or mood swings, Self-esteem, Social Skills Development, Trauma, Divorce and Separation, School-Refusal or School "Can't", Grief and Loss, Panic Attacks, Parenting Support, Attachment Issues, Sleep Difficulties, Body-Focused Repetitive Behaviors, School Adjustment and Bullying, Academic Stress and Anxiety (Year 12, University, Work), Organisational and Executive Functioning Skills, Family/ Relationship Concerns, Friendship Issues, Stress and difficulty adjusting to change, Burn out and work/ life balance concerns Issues and confidence issues. ACT, Attachment focused therapies, CBT, Mindfulness, Trauma informed, EMDR	Spanish	Mon / Tue / Wed
Clinical Psychologist	Michelle	Hopkinson	KILLARNEY HEIGHTS	Yes	GEN		ATSI			Anger Management, Assertiveness Training Therapy, Critical incident stress debriefing, Health related problems, PTSD, ADHD, Conflict resolution, Adjustment, Anxiety & phobias, Depression, Self Harm/suicide, Trauma		
Registered Psychologist	Kylie	McIntosh	KILLARNEY HEIGHTS	No	GEN	CMHS	ATSI			Childhood Trauma, Adjustment, PTSD, Depression, Anxiety, Hyper-vigilance, Anger issues, Grief and loss, Stress, Relationship issues, Confidence and Self esteem, Addiction behaviours, ADHD. Trauma and attachment-informed approach, Psychoeducation, Schema therapy, CBT, Mindfulness techniques.		F2F / Telehealth

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Clinical Psychologist	Stephanie	Morse	KILLARNEY HEIGHTS	Yes	GEN	CMHS	ATSI			Works with Children, Families, and Adults, Anxiety and phobias, Challenging behaviours, ADHD and Autism, Perfectionism, Self-esteem, Organisational skills and lifestyle factors, Depression, Communication within families		AT CAPACITY
Registered Psychologist	Sarah	Buchanan	LANE COVE		GEN	CMHS	ATSI			Adjust, Anxiety, Phobias, Assertiveness Training Therapy, Behavioural Problems, Bully, Critical Incident / Stress Debriefing, Depression, Divorce, Separation, Gender, Sexuality, Identity, Health Related Problems, Initial Assessment, Intellectual Disabilities, Learning Difficulties, LGBTQI, Self Harm, Suicide, Sleep Disorders, Trauma		AT CAPACITY
Registered Psychologist	Angela	Cooley	LANE COVE	Yes	GEN		ATSI	SPP	PND	Anxiety & phobias, Post-natal Depression, Depression, Eating disorders, Pain management, Stress management, Weight management, PTSD, Parenting, Victim of crime		
Registered Psychologist	Benjamin	Ebert	LANE COVE	Yes	GEN		ATSI	No SPP		Anger Management, Anxiety, Phobias, Assertiveness Training, Bullying, Critical Incident / Stress Debriefing, Cross Cultural, Depression, Divorce, Separation, Family Court Issues, Health Related Problems, Impulsive Behaviours, LGBTQI, Personality Disorder, PND, PTSD, Self Harm/Suicide, Sexual Abuse, Sleep Disorder, Terminal Illness, Trauma, Victim Of Crime, Work Stress/Bullying. WDO Approved.		Unable to accept complex or SPP referrals at present.
Registered Psychologist	Sue	Gynther	LANE COVE	No	GEN		ATSI			Anger related issues, Anxiety, Panic attacks, Assertiveness, Communication issues, Depression, Dissociative disorders, Eating disorders, LGBTQI+, Gender and sexuality, Grief / Bereavement, Life transitions, Post natal depression, Relationship issues, PTSD, Sexual abuse, Suicide, Couples therapy. CBT, Emotional release, Interpersonal, Person centred, Inner child, Trauma recovery.		
Registered Psychologist	Rafaela	Luca	LANE COVE		GEN	> 18 only	ATSI			Adults, PTSD, Sleep disorders, Sexual abuse, Victim of crime, Adjustment, Anxiety/phobias, Depression, self harm/ suicide, Trauma, Insomnia and other sleep issues, Grief & loss, Gender / Sexual issues, Psychotic disorders, Substance abuse. ACT, CBT, Interpersonal, Mindfulness, Solution-focused therapy.		
Registered Psychologist	Alexandra	Irving (Saunders)	LANE COVE		GEN		ATSI	SPP	PND	ADHD, Adjustment, Drug and Alcohol Abuse, Personality disorders, Anger Management, Anxiety, Phobias, Assertiveness Training, Behavioural Problems, Bullying, Criminal Behaviours, Depression, Divorce / Separation, Eating Disorders, Health Related Problems, Impulsive Behaviours, Sleep Disorders, Trauma, Work Stress, Bullying. CBT, Exposure Therapy, Solution Focused Therapy, Mindfulness, Motivational Interviewing.		SATURDAY AND SUNDAY TELEHEALTH APPTS AVAILABLE FROM 1/10/2026
Social Worker	Lisa	Brown	LINDFIELD		GEN	CMHS > 18YRS	ATSI	SPP		Depression, Anxiety & phobias, PTSD, Chronic pain, Work stress, Divorce, Separation, Post-natal Depression, Assertiveness Training, Life transition & adjustment issues, Suicide Prevention/ Self Harm, Insomnia, Stress, Relationships Issues, Grief & Loss, Pain Management, Sexual Abuse, Sexuality, Terminal Illness, Adjustment challenges, historical or recent Trauma. Strengths Based, Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness, Internal Family Systems, Brief Solutions Focused, Narrative Therapy, Parenting Support. Trauma Research Certificate, CBT, DBT, ACT, IFS, BSFT, Parent Hope Project, Inside Out (Eating Disorder)		
Clinical Psychologist	Elizabeth	Mackenzie	LINDFIELD	Yes	GEN	CMHS	ATSI	SPP		Anxiety disorders, Mood disorders, Child, Adolescent, Adult, BPD, Trauma, Adjustment disorder, Emotion regulation difficulties, Trauma, Stress, Addiction and substance use, Relationship difficulties, School and learning difficulties, Self esteem. Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavioural Therapy (DBT)		AT CAPACITY - BY REQUEST ONLY
Registered Psychologist	Melanie	Norman	LINDFIELD		GEN	CMHS > 14YRS	ATSI	SPP		ADHD, Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training, Autism Spectrum, Behaviour Problems, Conflict Resolution, Depression, DisIdentity Disorders, Divorce Separation, Gambling, Gender / Sexual Identity, Health Related Problems, Impulsive Behaviours, Intellect Assessments, Leadership, Learning Difficulties, Legal Representative, LGBTQI, Parenting, Personality Disorders, Post Natal Depression, PTSD, Self Harm, Suicide, Sexual Abuse, Sleep Disorders, Trauma, Victims of Crime, Work Stress, Bullying. ACT, Biofeedback, CBT, DBT, EMDR Therapy, In Vivo Exposure Therapy, Interpersonal, Mindfulness, Narrative Therapy, Psychoanalytic, Psychodynamic, Solution-Focused Therapy		
Registered Psychologist	Jackie	Kingston	MACQUARIE PARK	Yes	GEN	CMHS > 18 yrs	ATSI	SPP	PND	Adjustment, Anxiety & Phobias, Depression Work stress & Workplace bullying, Self harm/suicide, Trauma, PTSD, Sleep disorder		
Registered Psychologist	Susanne	Sorelle-Uebergang	MACQUARIE PARK		GEN		ATSI			ADHD, Adjustment, Anger Management, Anxiety Phobias, Assertive Training, Behaviour Problems, Bullying, Conflict Resolution, Couples Therapy, Criminal Behaviour, Critical Incident / Stress Debriefing, Cross Cultural, Depression, DisIdent Disorder, Divorce Separation, Eating Disorders, Family Court Issues, Gambling, Gender / Sexual Identity, Health Related Problems, Impulsive Behaviours, Infertility, Legal Reports, Management Offenders, Parenting, Personality Disorders, Post Natal Depression, PTSD, Self / Harm Suicide, Sexual Offences, Sexual Abuse, Sleep Disorders, Terminal Illness, Trauma, Victims of Crime, Work Stress / Bullying - Culturally diverse clients suffering from Depression and PTSD	Hungarian	TELEHEALTH ONLY

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Clinical Psychologist	Esther	Wong	MACQUARIE PARK	Yes	GEN	CMHS > 16YRS	ATSI			Anxiety, Depression, Bipolar disorder, Relationship issues, Adjustment, Parenting, Cultures and family dynamics, Perinatal anxiety and depression. Cognitive Behaviour Therapy (CBT), Interpersonal Therapy and Dialectical Behaviour Therapy (DBT).	Cantonese / Mandarin	
Registered Psychologist	Keren	Calvert	MANLY	Yes	GEN		ATSI	SPP		Adjustment, Anxiety/Phobias, Assertiveness Training, Bullying, Depression, Health Related Problems, PTSD, Self Harm/Suicide, Trauma		CURRENTLY ON LEAVE
Registered Psychologist	Barbara	Sorensens	MANLY	Yes	GEN		ATSI			Mental illness, Personality disorders such as Borderline Narcissistic and schizoid, Post traumatic stress disorder, Chronic pain, Schizophrenia and other psychotic disorders, Depression, Anxiety & phobias, Self harm, OCD, Self esteem & self development, Impulsive behaviours. CBT, DBT, Narrative Therapy, Intensive Short-term Dynamic Psychotherapy (ISTDP).	Danish / French	
Registered Psychologist	Angie	Soliman	MCMASTERS BEACH	NO	GEN	CMHS > 5YRS	ATSI			Depression, Anxiety, Panic Attacks, Addictions, Eating Disorders, Personality Disorders, Bipolar Disorder, Post Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Learning Difficulties and Developmental Delays, Stress Management, Mediation, Interpersonal Counselling. ACT, CBT, DBT, EMDR, EEG Neurofeedback, Narrative and Schema Therapy, Art Therapy.		TELEHEALTH
Registered Psychologist	Tanja	Limnios	MEADOWBANK	YES	GEN	CMHS	ATSI	SPP		Mood disorders, Trauma, Eating disorders, Low self-esteem, Workplace issues, Bullying and harassment, Conflict. EMDR, Family systems approach, Psycho-education, Parenting skills training.	German	
Registered Psychologist	Jane	Steele	MEADOWBANK	YES	GEN	CMHS	ATSI	SPP		Anxiety, Depression, Trauma, Emotional and behavioural difficulties, Workplace challenges, Interpersonal challenges. CBT, DBT, Skills Building, Motivational Interviewing		
Clinical Psychologist	Massoud	Amani	MILSONS POINT	No	GEN	CMHS > 17yrs	ATSI	SPP		Depression, PTSD, Anxiety & phobias, Asperger's syndrome, Post-natal Depression, Bullying, Sexual abuse, Grief / loss, self esteem & self development, Shyness & social skills deficits.	Persian / Swedish / Dari	
Registered Psychologist	Matthew	White	MILSONS POINT	No	GEN	CMHS > 16yrs	ATSI	SPP		Trauma, Anxiety, Depression, Relationships. DBT, ACT, CBT, Schema, M.I, Blue Knott		
Clinical Psychologist	Stacey	Berry	MONA VALE	No	GEN	CMHS	ATSI	SPP		Adjustment, Alcohol Abuse, Anger Management, Anxiety, Panic, Phobias, Assertiveness Training Therapy, Bullying, Stress, Depression, Family Separation, Grief, Health Related Problems, Leadership, LGBTQI, Personality Disorders, Post Natal Depression, PTSD, Self Harm, Suicidality, Sexual Abuse, Sleep Disorders, Life Transitions, Trauma, Victims of Crime.		UPON REQUEST
Registered Psychologist	Celine	Besso	MONA VALE	Yes	GEN	CMHS > 5 YRS	ATSI	SPP		Anxiety, mood disorders, perinatal mental health, trauma, parenting, post-traumatic stress, self harm, eating disorders/body image, life transitions. ACT, CBT, DBT, Trauma Informed practice, Narrative Therapy and Mindfulness.		AT CAPACITY
Registered Psychologist	Jessica	Booth	MONA VALE		GEN	CMHS > 12 YRS	ATSI			Depression, Anxiety, Trauma, Family conflict, Friendships and social problems, Loss, Fears, School, Uni and Work stress, Career or work problems, Emotional distress or Relationship difficulties. CBT, EMDR, Wilderness Therapy.		
Clinical Psychologist	Christopher	Brett	MONA VALE	Yes	GEN		ATSI			Adolescents, Young adults, Adults, Anxiety, Mood disorders, Trauma, Self-esteem, OCD, Neurological-related difficulties, ADHD, ASD. EMDR, ACT, CBT, Schema therapy.		
Registered Psychologist	Kate	Danna	MONA VALE	YES	GEN	CMHS	ATSI			Anxiety, Trauma (C-PTSD/PTSD), Dissociation, OCD, Parenting, Neurodiversity (ASD & ADHD), Cognitive Behavioural Therapy (CBT & Trauma Focused CBT (TF-CBT), Acceptance and Commitment Therapy (ACT), Solution Focused Brief Intervention (SFBT), Eyemovement Desensitisation & Reprocessing (EMDR), Positive Parenting (e.g., Triple P Parenting, Tuning into Kids)		
Clinical Psychologist	Elise	Edwards	MONA VALE	Yes	GEN	CMHS > 18 YRS	ATSI			Childhood Trauma, Personality disorders, Body image difficulties, Eating disorders, Anxiety, Depression, Self-esteem, Identity issues, Grief and loss. ACT, DBT, CBT, Trauma-informed Psychotherapy		
Clinical Psychologist	Linda	Elliott	MONA VALE	No	GEN		ATSI		PND	Post-natal Depression, Perinatal		AT CAPACITY
Social Worker	Lisa	Fawkner	MONA VALE	Yes	GEN	CMHS	ATSI	SPP		Anxiety, Depression, Risk of Suicide, Deliberate self harm, Personality disorders, Physical abuse, Abuse, Trauma, Domestic Violence, Grief and loss, LGBTQI, Sexual Identity Disorders, Eating disorders and Substance use/abuse.		

ACCESS + APPROVED PROVIDERS

Registered Psychologist	Rebecca	Fudge	MONA VALE		GEN	CMHS > 13 yrs	ATSI	SPP		Eating disorders, Complex Trauma, Anxiety, LGBTQIA Community, Severe mental illness for individuals and families, Suicide Prevention. DBT, ACT, Internal Family Systems (IFS), CBT, Adolescent Focused Therapy (AFT), Family Based Therapy (FBT).		
Registered Psychologist	Kirsten	Gillies	MONA VALE	Yes	GEN	CMHS > 18 YRS	ATSI	SPP		Anxiety, Depression, Social Anxiety, Life transitions. ACT, CBT, Schema Therapy, Mindfulness		
Registered Psychologist	Alison	Glass	MONA VALE	No	GEN	CMHS > 16 YRS	ATSI	SPP		Anxiety disorders, Depression, Neurodiversity, Addictions and Eating disorders with a particular interest and training in treating Post-traumatic Stress Disorder. Experienced in working with older adolescents and adults presenting with Eating Disorders, Mood, Anxiety disorders, Grief and Phobias. ACT, CBT, ERP, Level 1 IFS, Safe and Sound Protocol, Polyvagal, Sensorimotor Psychotherapy for complex trauma, training in multiple EGO state therapies, training in complex trauma and dissociative disorders.		CURRENTLY AT CAPACITY - Upon Request Only
Registered Psychologist	Ali	Malone	MONA VALE	Yes	GEN	CMHS > 5 YRS	ATSI			ADHD and Autism, Anxiety, Self-esteem, Emotional dysregulation, Challenging behaviour, Attachment, Mood disorders, Interpersonal trauma, Post-traumatic stress. ACT, CBT, DBT, Mindfulness, Solution Focused Therapy.		
Social Worker	Molly	Millington	MONA VALE	Yes	GEN	CMHS	ATSI			Anxiety, Trauma, Stress, Work-life balance, School-related issues, Attachment issues, Perinatal mental health, Domestic violence. CBT, Trauma-informed Practice, Ecological Systems Therapy, Strengths-based Approaches, Mindfulness.		
Social Worker	Natalie	Morton	MONA VALE		GEN		ATSI			Individual couple and family relationships, Depression, Anxiety, Loss and Grief, Abuse and Trauma		UPON REQUEST
Registered Psychologist	Julie	Orouke	MONA VALE		GEN	CMHS	ATSI			Children and Adolescent, Neurodivergence, Parenting, Anxiety		
Registered Psychologist	Julie	Preston	MONA VALE		GEN		ATSI			Depression, Anxiety, PTSD, CPTSD, Borderline Personality Disorder, Eating Disorders, Addictions both substance and process addictions, codependency and other relationship issues. CBT, DBT, ACT, Narrative Therapy, Sensorimotor Psychotherapy, Mindfulness		UPON REQUEST
Registered Psychologist	Nicole	Radcliffe	MONA VALE	Yes	GEN	CMHS > 16	ATSI			Adjustment, Alcohol Abuse, Anxiety, Phobias, Assertiveness Training, Bullying, Couples Therapy, Critical Incident / Stress Debriefing, Depression, Divorce, Separation, Health Related Problems, Parenting, PTSD, Self Harm, Suicide, Work Stress / Bullying		MONDAY - SATURDAY
Registered Psychologist	Jessica	Radovan	MONA VALE	Yes	GEN	CMHS	ATSI			ADHD, Adjustment, Anger Management, Anxiety, Phobias, Assertiveness Training, Autism Spectrum, Behavioural Problems, Depression, Eating Disorders, Health Related Problems, Intellectual Assessment, Learning Difficulties, Parenting, Self Harm, Suicide		
Registered Psychologist	Gavin	Riley	MONA VALE	Yes	GEN	CMHS > 10 yrs	ATSI			Anxiety, depression, trauma, relationship challenges, addictive behaviours, eating disorders, grief and loss, Autism and ADHD. Therapies: Internal Family Systems. Compassion-Focused Therapy. Polyvagal Theory. Developmental Model of ACT for Children. Radically Open DBT. Mindfulness.		
Registered Psychologist	Jessica	Schilt	MONA VALE	Yes	GEN	CMHS	ATSI	SPP		Anxiety, Depression, Developmental Trauma, Emotional regulation difficulties, Interpersonal and Relationship challenges, University and school stress, Self-harm, suicide risk. ACT, CBT, DBT.		
Registered Psychologist	Jovana	Sladakovic	MONA VALE		GEN	CMHS	ATSI	SPP		Anxiety, Phobia, Assertiveness Training, Depression, Parenting, Panic disorder		
Registered Psychologist	Alice	Thorn	MONA VALE		GEN	CMHS > 15 YRS	ATSI			Anxiety, Depression, Panic Attacks, Interpersonal Trauma, Low self-esteem, Attachment/Parenting, Phobias. CBT, Schema Therapy, Circle of Security, Internal Family Systems Therapy.		
Registered Psychologist	Lily	Trew	MONA VALE		GEN	CMHS > 8 YRS	ATSI			Anxiety, mood disorders, ADHD, Autism, interpersonal trauma, post-traumatic stress, self-harm, eating disorders, challenging behaviour, parenting. Therapies: ACT, CBT, DBT, Mindfulness Based Techniques, Compassion Focused Therapy, Schema Informed Therapy.		
Registered Psychologist	Anita	Van Aken	MONA VALE	Yes	GEN	CMHS > 11 YRS	ATSI	SPP		Anger Management, Conflict Resolution, Couples Therapy, Divorce, Separation, Family Court Issues, Leadership, Parenting, Trauma, Work Stress, Bullying		
Registered Psychologist	Lize	Van Der Watt	MONA VALE	Yes	GEN	CMHS > 18 YRS	ATSI			Anxiety, Depression, Stress, Self-esteem, Isolation, Work-related challenges, Adult ADHD, Performance anxiety, Life transitions, Career guidance, Burnout, Personal development, Relationship difficulties. CBT, ACT, Gestalt and Mindfulness, Individual and Group Coaching		

ACCESS + APPROVED PROVIDERS

Social Worker	Alison	Wallace	MONA VALE	No	GEN	CMHS	ATSI			Postnatal Depression, Stress Management, Self Harm, Infertility Issues, Physical abuse, Anxiety & phobias, PTSD, Behavioural Problems, Sexual abuse, Life transition and adjustment issues		
Registered Psychologist	Soha	Worton (Fassaie)	MONA VALE	Yes	GEN	CMHS	ATSI	SPP		ADHD, Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training, Behaviour Problems, Bullying, Conflict Resolution, Cultural, Depression, Divorce, Separation, Gambling, Gender / Sexual Identity, Health Related Problems, Infertility, Intellectual Assessments, Parenting, Post Natal Depression, Victims of Crime, Work Stress / Bullying		
Clinical Social Worker	John	Coady	MOSMAN		GEN	CMHS > 18 yrs	ATSI	SPP		COVID 19 Stress, Post traumatic stress disorders (PTSD) & Trauma, Depression and Anxiety, Grief and loss, Life stage, health changes and adjustment issues, Relationships & emotional stresses, Sexual health, Gay and lesbian issues, Physical, Emotional and aged health care. Gestalt Therapy.		
Clinical Psychologist	Sara	Hosking	MOSMAN	No	GEN	CMHS	ATSI	SPP	PND	Anxiety & phobias, PTSD, Depression, Employee assistance program, Work stress, ADHD, Post-natal Depression, Assertiveness Training Therapy, Life transition & adjustment issues, Behavioural problems, Eating disorders in adolescents, Bipolar Disorder in Young People, Insomnia, Stress, Relationships Counselling, Addictions, Grief & Loss, Pain Management, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness, Schema Therapy, EMDR and Hypnosis		
Clinical Psychologist	Fiona	Martin	MOSMAN	No	GEN	CMHS	ATSI	SPP	PND	Anxiety, Depression, Autism Spectrum Disorder, Learning disorders, Intellectual disabilities, Behavioural and attention difficulties, Health related issues particularly supporting patients with Facioscapulohumeral Muscular Dystrophy (FSHD), Supporting families going through separation and divorce Skilled in a range of therapeutic techniques including family systems and attachment based parenting programs.		CURRENTLY AT CAPACITY
Registered Psychologist	Helen	Fuller	NARRABEEN		GEN	CMHS	ATSI	SPP		Anxiety, Depression, Grief / Loss, Trauma, Bullying, Self-esteem, Adolescent mental health, Child mental health, CBT		
Registered Psychologist	Leesa	Garrety	NORTHBRIDGE	Yes	GEN	CMHS	ATSI	SPP		Adjustment, Anxiety, Phobias, Depression, Schizophrenia, Bipolar disorder, Gambling addictions, Trauma, Parenting, Post natal depression, Health Related Problems, Work Stress, Bullying. ACT, CBT, Interpersonal Therapy, Solution focused therapy, Motivational Interviewing and strengths based therapy.		(Works at this location on Fridays)
Clinical Psychologist	Gerry	Mobbs	NORTH NARRABEEN	Yes	GEN		ATSI	SPP		Anxiety, Depression, Drug and alcohol, Substance abuse, Mood disorders, Stress and trauma, Low self esteem, Health and eating		
Registered Psychologist	Mitchell	Brown	NEUTRAL BAY		GEN		ATSI			Anxiety, Depression, Phobias, Addictions, Trauma, Grief, PTSD, Relationship issues, Work related issues including workplace stress, Bullying, Burnout, problem Gambling. CBT, EMDR. Schema Therapy.		
Registered Psychologist	Racquel	Faram	NEUTRAL BAY	Yes	GEN		ATSI	SPP	PND	Complex issues, Anxiety, Panic Attacks, Depression (including perinatal), Drug and alcohol use, Trauma, Stress, Relationship / family problems, Adjustment, Infertility, Grief and loss, life transitions and parent-infant attachment.		
Registered Psychologist	Shannon	Gostelow	NEUTRAL BAY	Yes	GEN	CMHS > 18 YRS	ATSI			Assessment and counselling around anxiety and mood disorders, substance use, stress, and relational and family difficulties. Cognitive Behavioural Therapy, Solution-Focused Therapy and supportive counselling along with motivational interviewing, psycho-education and mindfulness techniques. Creative individuals and older adults		
Social Worker	Andrea	Turner	NEUTRAL BAY	Yes	GEN	CMHS > 15 YRS	ATSI	SPP		Complex Trauma, Adjustment issues, Grief and loss, Depression and Anxiety disorders, Suicidality, Self-harm, Domestic family and intimate partner violence, Childhood sexual abuse, Sexual assault.		
Registered Psychologist	Lize	Van Der Watt	NEUTRAL BAY	Yes	GEN	CMHS > 18 YRS	ATSI			Anxiety, Depression, Stress, Self-esteem, Isolation, Work-related challenges, Adult ADHD, Performance anxiety, Life transitions, Career guidance, Burnout, Personal development, Relationship difficulties. CBT, ACT, Gestalt and Mindfulness, Individual and Group Coaching		
Clinical Psychologist	Kirstin	Barchia	NEWPORT	Yes	GEN		ATSI			Bullying, ADHD, Anxiety & phobias, Depression, OCD, Postnatal Depression, Sleeping disorders, Stress management, Pain management		
Registered Psychologist	Sanchana	Venkatesh	NORTH SYDNEY	No	GEN	CMHS	ATSI			Anxiety disorders, Mood disorders, Grief & Loss, Chronic illness, Life transitions/Adjustment disorders, Tics + Tourettes, OCD. CBT, ACT, DBT		
Registered Psychologist	Tatiana	Da Silva	NORTH SYDNEY	Yes	GEN		ATSI	SPP		Adjustment Anxiety/phobias Couples therapy Cross-cultural Depression Eating disorders/ PND Self harm/Suicide Trauma	Portuguese	CURRENTLY HAS WAITLIST

ACCESS + APPROVED PROVIDERS

Registered Psychologist	Beth	Fortuin-Hathway	NORTH SYDNEY	No	GEN		ATSI	SPP	PND	Anxiety, Depression, Grief, Personality disorders, Dementia support for family members, Stress. Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT) and Solution Focused Therapy. Non-directive pregnancy support counselling		SATURDAY APPTS / TELEHEALTH AVAILABLE
Registered Psychologist	Adena	Silverstein	NORTH SYDNEY		GEN		ATSI			Adjustment, Anxiety, Phobias, Assertiveness Training, Couples Therapy, Cross Cultural, Depression, Divorce, Separation, Gender / Sexual Indentity, Infertility, Leadership, Learning Difficulties, LGBTQI, Parenting, Post Natal Depression, Work Stress / Bullying		
Clinical Psychologist	Lesley	Smyth	NORWEST	No	GEN		ATSI			Panic & phobias, Separation Anxiety, Social Anxiety & Shyness, Health Anxiety, Obsessive Compulsive Disorder (OCD), Work Stress, Depression & low mood, Management Bipolar Disorder, Parenting & peri-natal support, Carer support, Assertiveness, Sleeping difficulties, Grief & loss, Managing Chronic pain and fatigue		
Registered Psychologist	Shalav	Mehta	PARRAMATTA	Yes	GEN	CMHS >16 YRS	ATSI	SPP		Depression, Anxiety, Bullying, Health related problems, Mindfulness, Cross cultural, Trauma, ADHD, Alcohol abuse, PTSD, sleep disorders, Sexual abuse, Victim of crime,	Hindi / Urdu / Punjabi	
Social Worker	David	Blyth	PYMBLE	Yes	GEN	CMHS > 16 YRS	ATSI			Anxiety disorders, Mood disorders, Eating disorders, Addictions Recovery Counselling, Anger Management, ADHD, Post traumatic stress disorder, Gottman Couples Therapy, Acute Stress disorder, Grief Support, Traumatic bereavement, Carer Counselling, Pastoral Development, Christian Faith based counselling.		
Clinical Psychologist	Jennifer	Gardner	PYMBLE	No	GEN	17yrs +	ATSI			Mood, Anxiety, Adjustment Disorder, Grief and Loss, Adjustment Disorder, Trauma/ Complex Trauma, Emotional Dysregulation, Drug and Alcohol,		
Social Worker	Judith	Krause	PYMBLE	Yes	GEN		ATSI			Anxiety & phobias, Mental Illness, OCD, Personality disorders, Self esteem & self development, Couples therapy, Fertility / Sexual health, Work stress. CMH, Suicide/self harm		
Registered Psychologist	Avni	Pawar	PYMBLE	No	GEN	CMHS	ATSI			Experienced in early intervention and Applied Behaviour Analysis. Cognitive Behavioural Therapy (CBT), Schema Therapy and Acceptance and Commitment Therapy (ACT), along with a range of psychometric tests and assessments to provide tailored support to each client and their family. Emotional, behavioural and psychological challenges.		
Registered Psychologist	Carley	Petkovski	PYMBLE	No	GEN	CMHS	ATSI	SPP		Depression, Stress & Anxiety, Mood Disorders, Behavioural Issues, Parenting, Adjustment Issues, Self-Harm, Emotion Regulation including anger, Behavioural issues, Social skills, Trauma, Grief & Loss, Social Skills, ADHD, Self Esteem, Phobias, Post Natal Depression. CBT, Narrative Therapy, Solution Focused, Mindfulness, Play Therapy, Child-centric approach.		
Social Worker	Tamara	Robinson-MacLeod	PYMBLE	No	GEN	CMHS > 10 YRS	ATSI	SPP	PND	Anxiety, Depression, Low mood, Lonliness, Family relational difficulties, Trauma, Bullying, and school or work-related concerns. Specialist training & experience in perinatal mental health, Attachment and Bonding, Parenting. Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT), Cognitive Behavioural Therapy (CBT), mindfulness, and attachment based interventions.		
Clinical Psychologist	Agnes (Ka Yan)	Ip	PYMBLE	Yes	GEN	CMHS > 18 YRS	ATSI	SPP (Upon Request)		Depression, Anxiety, Panic Disorder, Post Traumatic Stress Disorder (PTSD), Parenting, Parent-child conflict, Life changes (e.g. immigration, retirement) Bereavement, Grief and loss, Relationship issues, Couples Therapy, Insomnia, Chronic illness, Cancer, Pain.	Cantonese and Mandarin	TELEHEALTH ONLY AT THIS LOCATION
Clinical Psychologist	Lucy	Shi	PYMBLE	Yes	GEN	CMHS > 16	ATSI	SPP		Adjustment, Mood disorders, Anxiety, Phobias, Cross Cultural, Depression, Children and Adolescents, Parenting difficulties, Grief and loss, Relationship difficulties, Disordered Eating, Addiction, Complex Trauma, Chronic Illness. CBT, DBT, ACT, Schema Therapy, Trauma Informed perspectives.		MATERNITY LEAVE
Registered Psychologist	Tanuza	Rahman	PYMBLE	Yes	GEN		ATSI		PND	Complex trauma, Adjustment issues, Grief and loss, Depression and Anxiety disorders, Eating disorders, Addiction, Gambling, Mood disorders, Perinatal mental health, Parenting as well as family and relationship challenges. CTB, ACT, Mindfulness-based therapy, Interpersonal Psychotherapy (ITP), Schema Therapy, DBT.	Bengali	
Registered Psychologist	Richard (Insang)	Yu	PYMBLE	YES	GEN	CMHS > 18 YRS	ATSI	SPP		Depression, Anxiety, Emotion, Relationships, Dementia, Anxiety, Couple Relationships, Career, Life meaning & purpose, EFT, CBT, ACT, DBT.	Korean	F2F Fridays / Telehealth
MH Nurse	Jason	Zou	PYMBLE		GEN		ATSI	SPP		Adjust, Anger Management, Anxiety, Phobias, Behavioural Problems, Bully, Community Consultation Evaluation, Conflict Resolution, Couple Therapy, Cross Cultural, Depression, Divorce, Separation, Gambling, Health Related Problems, Impulsive Behaviours, Leadership, Learning Difficulties, Parent, PTSD, Self Harm, Suicide, Terminal Illness, Trauma, Work Stress, Bullying	Mandarin / Shanghainese	AT CAPACITY

ACCESS + APPROVED PROVIDERS

Registered Psychologist	Anna	Powell	ROSEVILLE		GEN	CMHS > 16 YRS	ATSI			Stress, Anxiety, Depression, Alcohol and drug use including controlled drinking and smoking cessation, Workplace issues including stress management and conflict Work – life balance. ACT, CBT.		
Clinical Psychologist	Dawn	Russell	ROSEVILLE		GEN	CMHS > 12 YRS	ATSI	SPP		Anxiety Disorders (including social, generalised, panic, separation, health), Mood Disorders, Youth Mental Health, Child, Family and Parenting, Neurodiversity (ADHD and ASD), Supporting members of the LGBTQIA+ community, Emotion dysregulation and self-injury, OCD and related disorders, EMDR, DBT, CBT.		
Registered Psychologist	Kate (Catherine)	McMaugh	SEAFORTH	Yes	GEN	CMHS	ATSI	SPP		Community consult/evaluation, Post-traumatic stress, Sexual abuse, Personality disorders, Self harm/ suicide, Trauma Adjustment, Anxiety/phobias Couples Cross-cultural Depression Intellectual disability Learning difficulties Parenting PND, PTSD, Dissociative Disorders		UPON REQUEST
Registered Psychologist	Kim	Ambor	ST IVES	Yes	GEN	CMHS > 16 YRS	ATSI		PND	Couples, Families, Work Cover, Complex health, Trauma, Parents returning to work, Depression, Anxiety, Phobias, Work Stress, Post Natal Depression, Parenting. EMDR	Afrikaans	
Social Worker	Hayley	Bilski	ST IVES	YES	GEN	CMHS > 12 YRS	ATSI			Anxiety, Depression, Self-esteem, Peer relationship issues, Gender identity challenges, Confusing life choices, Career needs, Bullying and school or work concerns. Stress management, Personal growth and awareness. Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Compassion-Focused Therapy. Nature focused walks.		
Social Worker	Eitan	Dekel	ST IVES	Yes	GEN	CMHS > 17 YRS	ATSI			Anxiety, Depression, Relationship Issues, Bereavement, Emotional Disturbance, Marital and Premarital, Obsessive-Compulsive (OCD), Mood Disorders, Elders (65+), Adults, Teens, Cognitive Behavioural (CBT), Psychobiological Approach, Couples Therapy, Psychodynamic, Rational Emotive Behaviour (REBT), Relational	Hebrew	
Registered Psychologist	Leesa	Garrety	ST IVES		GEN	CMHS	ATSI	SPP		Adjustment, Anxiety, Phobias, Depression, Schizophrenia, Bipolar disorder, Gambling addictions, Trauma, Parenting, Post natal depression, Health Related Problems, Work Stress, Bullying. ACT, CBT, Interpersonal Therapy, Solution focused therapy, Motivational Interviewing and strengths based therapy.		(Works Wednesdays / Saturdays at this location)
Clinical Psychologist	Anna	Bednarek	ST LEONARDS		GEN		ATSI			Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training Therapy, Depression, Eating Disorders, Gambling, Health Related Problems, Personality Disorders, Post Natal Depression, Self Harm, Suicide, Sleep Disorders		CURRENTLY AT CAPACITY
Registered Psychologist	Emily	Constantine	ST LEONARDS	Yes	GEN	CMHS > 17 YRS	ATSI			Mood disorders, Depression, Bereavement, Dysthymia, Bipolar disorder, Trauma (childhood), Post Traumatic Stress Disorder, Anxiety, Anger Management, Anxiety, Phobias, Assertiveness Training, Behaviour Problems, Depression, Parenting, Post Natal Depression, Trauma, Panic disorder, Social Phobia, Improving self-confidence, Assertiveness, enhancing life satisfaction, addressing procrastination and improving sleep. CBT, ACT, IPT, Exposure and Behavioural interventions, Mindfulness and Narrative Therapy.		
Registered Psychologist	Jennifer	Cooper	ST LEONARDS	Yes	GEN	CMHS > 8 YRS	ATSI	SPP		Anxiety, Depression, Emotion regulation, ADHD, ASD, Learning difficulties, School avoidance, Parenting and Challenging behaviours.		
MH Nurse	Kate (Kathleen)	Donohoe	ST LEONARDS	Yes	GEN		ATSI			Adjustment, Anxiety, Phobias, Autism Spectrum, Behaviour Problems, Couples Therapy, Depression, Health Related Problems, Impulsive Behaviours, Infertility, Parenting, Personality Disorders, Post Natal Depression, PTSD, Self Harm, Suicide, Sexual Abuse, Sleep Disorders, Terminal Illness, Trauma, Work Stress, Bullying		
Registered Psychologist	Sarah	Evenden	ST LEONARDS		GEN	CMHS > 10 yrs	ATSI	SPP		Adjustment, Anxiety, Phobias, Behaviour Problems, Depression, Impulsive Behaviours, specialises in working with teens		
Registered Psychologist	Lawrence	Fong	ST LEONARDS		GEN		ATSI			Anger Related Issues, Anxiety, Panic attacks, Burnout, Conflict Resolution, Cultural Issues, Depression, Divorce / Separation, Migrant Issues, Grief/Loss, Life Transitions, Work related issues. CBT, Hypnotherapy, NLP, Solution Orientated.	Cantonese	
Registered Psychologist	Christine	Kim	ST LEONARDS	Yes	GEN	CMHS > 8 YRS	ATSI	SPP		Anxiety, Depression, Trauma, Grief & Loss, Self Esteem, Relationships, Eating disorders, Body image, Managing stress during HSC, Parenting (specialise in the facilitation of 'Cool Kids' and 'Tuning into Teens', Major life changes, Childhood trauma, Domestic violence. ACT, CBT, Narrative Therapy, Mindfulness.	Korean	TELEHEALTH and F2F
Clinical Neuropsychologist	Jessica	McGinty	ST LEONARDS	Yes	GEN	CMHS > 12 yrs	ATSI			Special interest in neurological conditions, Neurodivergence, Sleep, Dementia, Epilepsy, Illness-related Adjustment disorders, Functional Neurological Disorder (FND) and cognitive impairment. Adjustment disorder, Older persons, Dementia, Epilepsy, Anxiety & Phobias, Depression		

ACCESS + APPROVED PROVIDERS

Registered Psychologist	Kate (Catherine)	McMaugh	ST LEONARDS		GEN	CMHS	ATSI	SPP		Community consult/evaluation, Post-traumatic stress, Sexual abuse, Personality disorders, Self harm/ suicide, Trauma Adjustment, Anxiety/phobias Couples Cross-cultural Depression Intellectual disability Learning difficulties Parenting PND, PTSD, Dissociative Disorders		UPON REQUEST
Social Worker	Helen	McWilliam	ST LEONARDS		GEN	CMHS > 18 yrs	ATSI	SPP	PND	Trauma, Anxiety, Depression, Non-directive Pregnancy Counselling, Post Natal Depression		
Registered Psychologist	Stephanie	Oldfield	ST LEONARDS		GEN	CMHS > 10 yrs	ATSI	SPP		Experience working with Psychosis, OCD, ASD, ADHD, Substance use disorders, Anxiety and Depression. She has a clinical interest in neurodivergence and approaches this from a neuro-affirming framework. Steph is trained as a Level 1 EMDR therapist.		
Clinical Psychologist	Jane	Randall	ST LEONARDS	Yes	GEN	CMHS > 18 yrs	ATSI	SPP		Psychosis, Severe mental illness for individuals and families, Adjustment, Anxiety, Attention Deficit Hyperactivity Disorder (ADHD) in Adults, Depression.		
Social Worker	Anne	Vo	ST LEONARDS		GEN	CMHS > 16 YRS	ATSI	SPP		Anxiety, Career Guidance, Coping Skills, Depression, Divorce, Domestic Violence, Family Conflict, Grief, Infidelity, LGBTQ+, Men's Issues, Mood Disorders, Relationship Issues, Stress, Suicidal Ideation Thinking Disorders, Trauma and PTSD. CBT, EMDR, Emotionally Focused, Family Systems, Gottman Method, Imago, Relational, Solution Focused Brief (SFBT), Structural Family Therapy.		
Clinical Psychologist	Janet	Yap	ST LEONARDS		GEN	CMHS > 18 yrs	ATSI	SPP		Depression, Dysthymic disorder, Bipolar affective disorder, Anxiety, Social anxiety, Panic disorder, Trauma, Mood Disorders, Self Harm, Emotion Dysregulation, Personality Disorders, Substance use Disorders, Interpersonal conflicts, Adjustment Disorders, Role Transitions. ACT, CBT, DBT, Schema Therapy, Attachment and Trauma-informed Interventions.		Wednesdays 10am - 6pm, Friday 9am-6pm, Saturday 9am-3pm
Registered Psychologist	Malcolm	Choat	SURRY HILLS	Yes	GEN	CMHS >17 yrs	ATSI	SPP		Experienced in working with at-risk adolescents, and adults experiencing a broad range of psychological issues, Depression, Anxiety, Adjustment disorder, Schizophrenia, Bipolar disorder, Anger management, Substance abuse, Autism Spectrum Disorder, Developmental disorders, Dementia and/or cognitive decline, Gambling, Early Psychosis Intervention, Post traumatic stress disorder (PTSD), General counselling, Self development, Suicide prevention, Trauma, Work related issues, Conflict resolution. Trained in Neuropsychometric tools including the MMPI, the PAI, the WAIS and the WISC. CBT, ACT, Trauma Therapy and solution-focused therapy.		
Registered Psychologist	Lisa	Grauaug	SYDNEY	Yes	GEN	CMHS >16 YRS	ATSI	SPP	PND	Anxiety, Depression, Sleep issues, Relationship concerns, Parenting issues, Chronic health conditions and chronic pain. CBT, Emotion-focused therapy, Trauma-informed approaches, Psychobiological approach to couple therapy, Relaxation and stress-management practices, Mindfulness-based techniques		Tuesdays and Fridays
Registered Psychologist	Travis	Grogan	SYDNEY	Yes	GEN	CMHS > 13 yrs	ATSI			Adults and young people (13+), Anxiety, Depression, Substance use, Eating and feeding, Emotional regulation, Trauma, Social skills, Identity, Self-esteem, Couples and families, Communication, Parenting, Conflict resolution, Life transitions, Boundaries, Divorce. CBT, DBT, ACT		
Social Worker	Cecilia	Ma	SYDNEY		GEN	CMHS > 17 YRS	ATSI	SPP		Anxiety disorders, Trauma/PTSD, Mood disorders, School difficulties (bullying, academic stress), ADHD/Autism, Family stress, Domestic violence. EMDR, ACT, Mindfulness Based CBT, Somatic/Body Based Approach, Mindfulness Skills.		
Registered Psychologist	Maria	Alphonse	TELEHEALTH	NO	GEN	CMHS > 4yrs	ATSI	SPP	PND	Experienced delivering therapy to families, couples, young adults, geriatrics, adolescents and children from 4 years of age. Academic counselling for children/Uni goers, Career counselling, Intellectual/Behavioral/Developmental disabilities, Learning Difficulties/ Disabilities management, Anxiety / Stress / Depression management, PTSD, Grief counseling, Abuse / Domestic violence, support NDIS, Antenatal/Postnatal psychological support, Addiction counselling, Assertiveness and Resilience training, Parental counselling, Academic Resilience, Psychometric assessments, Employee Assistance Program (EAP) counseling, Motivational and self esteem training, Obsessive compulsive conditions, Traum, Relationship issues. CBT, Narrative therapy, DBT, Emotional focused therapy.	Kannada, Tamil, Malayalam	TELEHEALTH ONLY
Registered Psychologist	Natalie	Bauer	TELEHEALTH	NO	GEN		ATSI			Gambling, Gender, Sexuality, Identity, Health Related Problems, Impulsive Behaviours, Infertility, Intellectual Disabilities, Learning Difficulties, Management Offenders, Parent, Personality Disorders, Post Natal Depression, PTSD, Self Harm, Suicide, Sexual Abuse, Sleep Disorders, Terminal Illness, Trauma, Victims of Crime, Work Stress, Bullying		TELEHEALTH ONLY
Registered Psychologist	Celine	Besso	TELEHEALTH	NO	GEN	CMHS > 5 YRS	ATSI	SPP		Anxiety, mood disorders, perinatal mental health, trauma, parenting, post-traumatic stress, self harm, eating disorders/body image, life transitions. ACT, CBT, DBT, Trauma Informed practice, Narrative Therapy and Mindfulness.		AT CAPACITY
Registered Psychologist	Elena	Brivio	TELEHEALTH	NO	GEN	CMHS	ATSI			Neurodivergent (ADHD, ASD), Anxiety, Depression, Trauma, Addiction, Adjustment disorder, Eating disorder, OCD, Phobias, Personality disorders, Domestic violence, Bipolar disorder, families, children, teenagers, adults and older adults	Italian	7:00am-7:00pm

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Registered Psychologist	Sang	Cheung	TELEHEALTH	NO	GEN	CMHS >18 yrs	ATSI			Forensic psychology, Emotional Regulation, Criminogenic risk reduction, Mood disorders, Anger management, Life transitions, Trauma, Management of Psychotic symptoms, Social and Coping skills development.	Cantonese / Mandarin	TELEHEALTH ONLY
Clinical Psychologist	Alison	Cornish	TELEHEALTH	NO	GEN		ATSI			Anger Management, Anxiety, Phobias, Assertiveness Training, Behaviour Problems, Depression, Parenting, Post Natal Depression, Trauma		TELEHEALTH ONLY
Registered Psychologist	Fabian	Fiderer	TELEHEALTH	NO	GEN		ATSI			Telehealth services only. Adolescents, Attention deficit-hyperactivity disorder (ADHD), Autism Spectrum Disorders, Depression, Life Transition and Adjustment Issues, Men's issues, School / Workplace Issues / Bullying, Self-Esteem, Shyness & social skills deficits. Mindfulness-Based and Solution Focused Therapy, CBT & DBT.	German	TELEHEALTH ONLY
Registered Psychologist	Jennifer	Fildes	TELEHEALTH	NO	GEN		ATSI			Complex Cardiac / Cancer recovery. Adults and couples. Worked extensively with people who are recovering, adjusting and managing life and stress following a life threatening experience, illness or health crisis. Specialises in complex cardiac recovery and adjustment. Illness, Death of a loved one, Trauma, Relationship difficulties		TELEHEALTH ONLY
Registered Psychologist	Herbert	Fung	TELEHEALTH	NO	GEN	CMHS > 15 YRS	ATSI			Depression, Anxiety, Adjustment disorders, Complex Post traumatic stress disorder (PTSD), relationship conflict, Grief and loss, Anger management, Drug and alcohol issues, Severe mental disorders and illnesses.	Cantonese	TELEHEALTH ONLY
Registered Psychologist	Ben	Gleeson	TELEHEALTH	NO	GEN		ATSI	SPP		Adjustment disorder, Alcohol Abuse, Anger Management, Anxiety and Phobias, Assertiveness Training, Depression, Gambling, Impulsive Behaviour, PND, PTSD, Self Harm/Suicide, Trauma, Work Stress/Bullying		TELEHEALTH ONLY
Registered Psychologist	Alexandra	Irving (Saunders)	TELEHEALTH	NO	GEN	CMHS > 16yrs +	ATSI	SPP	PND	ADHD, Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training, Behavioural Problems, Bullying, Criminal Behaviours, Depression, Divorce / Separation, Eating Disorders, Health Related Problems, Impulsive Behaviours, Sleep Disorders, Trauma, Work Stress, Bullying		TELEHEALTH ONLY - SATURDAY AND SUNDAY APPTS AVAILABLE FROM 1/10/2026
Registered Psychologist	Dee-Anne	James	TELEHEALTH	NO	GEN	CMHS	ATSI	SPP		Anxiety, OCD, Mood disorders, Personality disorders, Trauma, Domestic violence, Suicide risk, Self-harm, Parenting, Challenging behaviour, Adjustment, Grief and loss, School-related issues, Autism, Disability, Relationship issues. CBT, ACT, DBT, Interpersonal Therapy, Schema Therapy		TELEHEALTH ONLY
Registered Psychologist	Alexandra (Alex)	Julien	TELEHEALTH	NO	GEN	CMHS > 18 YRS	ATSI	SPP		Addictions; Affective disorders; Alcohol and other drugs addictions (AOD); Anger Management; Anxiety; Anxiety and phobias; Assertiveness Training; Behaviour Problems; Complex Trauma; Depression; General Psychology; Grief and Loss; Life Coaching; Life Transition and Adjustment Issues; Mental Illness; Mental health; Obsessive-Compulsive Disorder (OCD); Pain Management; Panic Attacks; Personal Development; Personality disorders; PTSD; Relapse prevention; Relaxation training; School Issues; Self-Esteem; Self-Harm; Shyness & social skills deficits; Smoking Cessation; Spirituality; Stress; Trauma; Weight loss; Women's Issues; Workplace Issues; Workshops		TELEHEALTH ONLY
Registered Psychologist	Zainab	Khozarji	TELEHEALTH	NO	GEN	CMHS	ATSI	SPP		Anxiety, Depression, Panic disorder, Relationships, Trauma and Adjustment disorders. CBT, ACT, Mindfulness, Motivational Interviewing, Person centred Therapy and Solution focused brief therapy.	Arabic (Lebanese and Iraqi dialect)	TELEHEALTH ONLY
Registered Psychologist	Ross	Leembruggen	TELEHEALTH	NO	GEN	CMHS	ATSI	SPP		Neurodivergence (Autism, ADHD), Depression, Anxiety, Phobias, Work-Related Stress, Post-Traumatic Stress, Substance Abuse, Addictions, Sleep Disorders, Workplace Conflict, Relationship Difficulties, Financial Difficulties, Grief/Loss, Pain Management, Vocational Guidance, Parenting Difficulties.		TELEHEALTH ONLY
Registered Psychologist	Sarah	Marshall	TELEHEALTH	NO	GEN	CMHS > 17 YRS	ATSI			Anxiety, Mood disorders, OCD, Depression, Grief and loss, Trauma (including childhood trauma) Adjustment to life transitions (divorce, career change), Pregnancy support / IVF, Parenthood transition, HSC stress and anxiety, Development of self and identity, Low self-esteem and self worth, Assertiveness skills and boundary setting, Relationships, Parenting		TELEHEALTH ONLY
Registered Psychologist	Leanne	Matheson	TELEHEALTH	NO	GEN	CMHS > 18 YRS	ATSI			Depression, Anxiety and Phobias, Grief, Loss & Bereavement, Trauma, Building self-esteem and confidence, Anger management, Stress management, Drug and alcohol issues, Relationship Difficulties, Life Transitions (and coping with the resulting changes), Professional/Career Issues, Medical and Health Concerns, Parenting support. Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT) and Eye Movement Desensitisation & Reprocessing Therapy (EMDR).		TELEHEALTH ONLY - LIMITED AVAILABILITY
Registered Psychologist	Affy (Afshin)	Misagh	TELEHEALTH	NO	GEN	CMHS > 16 YRS	ATSI			Generalised anxiety disorder, Social anxiety disorder, Trauma, Low mood, Depression, Anhedonia, Post Traumatic Stress Disorder (PTSD), Dysthymia, Adjustment disorder, Panic disorder, Obsessive Compulsive Disorder (OCD), Mood disorders, Addictions, Insomnia, Emotional dysregulation, Relationship breakdowns, Grief and Loss, Anger, Issues with Assertiveness and self-esteem, Stress.		TELEHEALTH ONLY

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Registered Psychologist	Ben	Moberley	TELEHEALTH	NO	GEN	CMHS > 14yrs	ATSI	SPP		Trauma, Self identity, Neurodiversity, Anxiety, Depression, Trauma, Life Challenges/Changes, Adjustment, Disability, Loss and Grief		TELEHEALTH ONLY
Social Worker	An	Nguyen	TELEHEALTH	NO	GEN	CMHS > 18 YRS	ATSI	SPP		Grief and loss, Relationship issues, Trauma / PTSD, Workplace issues, LGBTQIA+, Cultural issues, Anxiety, Depression	Vietnamese	TELEHEALTH ONLY
Clinical Psychologist	Ingrid	Pollard	TELEHEALTH	NO	GEN	CMHS	ATSI	SPP		Abuse, Addictions, Affective disorders, Alcohol and other drug addictions, Anger Management, Anxiety, Autism Spectrum Disorders, Bipolar disorder, Cancer support, Dissociative Identity Disorder, PTSD, Victim of crime, Divorce/separation, Family court, Self harm/suicide, Trauma, Anxiety/phobias, Parenting, Grief and loss, HIV-AIDS, Impulsive Behaviours, Life Transition and Adjustment issues. CBT, DBT, Emotionally focused therapy, Interpersonal, Mindfulness, Narrative Therapy.		TELEHEALTH ONLY
Clinical Social Worker	Pete	Potgieter	TELEHEALTH	NO	GEN		ATSI	SPP		Mature Male Clients Only, Disability, Autism Spectrum Disorder, Depression, Anxiety, Obsessive Compulsive Disorder, PTSD, LGBTQI+ Issues, Sexual abuse, Trauma. CBT, Intepersonal.	Afrikaans	TELEHEALTH ONLY
Registered Psychologist	Dr. Claire	Scannell	TELEHEALTH	NO	GEN		ATSI			PTSD, Sleep disorders, sexual abuse, work stress and work place bullying, anxiety and phobias, Depression, parenting, PND, self harm/suicide, trauma		TELEHEALTH ONLY
Registered Psychologist	Amber	Takhar-Stapleton	TELEHEALTH	NO	GEN		ATSI			Child / adolescent, AdultS, Depression, Anxiety, Anger Management, Behavioural difficulties, Social skills, HSC stress management, self-esteem, ADHD, Relationship difficulties, Parenting strategies.		TELEHEALTH ONLY - MATERNITY LEAVE
Clinical Psychologist	Amy	Wheaton	TELEHEALTH	NO	GEN	CMHS	ATSI			Anxiety Disorders, Stress, Depression, Relationship issues and difficult life transitions. ACT, CBT, Schema / Narrative therapy,		TELEHEALTH ONLY
Registered Psychologist	Matthew	White	TELEHEALTH	No	GEN	CMHS > 16yrs	ATSI	SPP		Trauma, Anxiety, Depression, Relationships. DBT, ACT, CBT, Schema, M.I, Blue Knott		
Registered Psychologist	Francis (Frank)	Wilson	TELEHEALTH	NO	GEN		ATSI	SPP		Adjustment Disorder, Alcohol Abuse, Anger Management, Anxiety and Phobia, Assertiveness Training, Behavioural Problems, Bullying, Community Consult/Evaluation, Conflict Resolution, Couples Therapy, Critical Incident /Stress Debriefing, Depression, Divorce/Separation, Health Related Problems, Leadership, Personality Disorder, PTSD, Self Harm & Suicide, Sexual Abuse, Terminal Illness, Trauma, Work Stress & Bullying. EMDR Therapy		
Registered Psychologist	Lisa	Butler	TURRAMURRA	No	GEN	CMHS >18 yrs	ATSI			Depression, Anxiety, Post Traumatic Stress Disorder, Bereavement, Divorce, Emotional disturbance, Life coaching, Obsessive compulsive disorder (OCD), Relationship issues, stress, Women's issues. ACT, CBT, DBT, EMDR, Person-centred, Schema therapy.		AT CAPACITY UNTIL SEPTEMBER 2026
Registered Psychologist	Kym-Lee	Carlson	TURRAMURRA		GEN		ATSI	SPP		ADHD, Adjustment, Alcohol Abuse, Anger Management, Anxiety, Phobias, Assertiveness Training, Behaviour Problems, Bullying, Conflict Resolution, Couples Therapy, Cross Cultural, Depression, Divorce / Separation, Eating Disorders, Gender / Sexual Indentity, Health Related Problems, Impulsive Behaviours, Leadership, LGBTQI, Parenting, Personality Disorders, Self Harm / Suicide, Trauma, Work Stress / Bullying		Works Wednesdays / Thursdays ON LEAVE UNTIL 20 JULY 2026
Registered Psychologist	Sarwat	Rewais	ULTIMO	Yes	GEN	CMHS > 17 yrs	ATSI	SPP		Depression, Anxiety, Relationships, CBT, Adult mental health, Self development, LGBTQIA+, Short Term Interpesonal Dynamic Psychotherapy, SBBT (Solution Based Brief Therapy), MBSR (Mindful Based Stress Reduction)	Arabic	Mon (all day) Tue, Wed & Thu evenings
Registered Psychologist	Rhona	Barker	WAHROONGA		GEN		ATSI			Depression, Anxiety and phobias, Personal development, Social and emotional skills, Grief and loss, Life transitions, Postnatal, Birth trauma, Parenting, Adjustment, Behaviour Problems. CBT, ACT, Solution focused therapy, Mindfulness, Psychotherapy and Psycho-education.		
Registered Psychologist	Mary Joy	Basilio	WAHROONGA	No	GEN	CMHS	ATSI			Psychological assessments, Autism, Anxiety, Depression, Cognitive Assessments, ASD assessments, Behavioural difficulties in children, Emotional dysregulation, Work stress and/or burnout, Social Skills training		
Registered Psychologist	Sharon	Reid	WAHROONGA	No	GEN	CMHS	ATSI	SPP	PND	Anger Management, Assertiveness Training Therapy, Bullying, PTSD, Divorce/separation, intellectual assessment, Anxiety, Depression, Self harm/suicide, Parenting. CBT, Motivational Interviewing, EMDR, ACT, Narrative and Solution focused therapies, Sand Tray and Play Therapy. Therapy Dog, Ursula (Ursie) is also working with clients.		CURRENTLY HAS WAITLIST
Registered Psychologist	Claire	Stanbury	WAHROONGA		GEN	CMHS > 3 YRS	ATSI	SPP		Anger management, Anxiety, Bullying, Depression, Grief and loss, Identity, Self esteem, Personality disorders, PTSD, Suicidal thoughts, Behavioural Problems, Critical Incident / Stress Debriefing, Parenting, Trauma, Victim Of Crime, Play Therapy	Afrikaans	Available Monday-Friday 9.30am-2.30pm

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Clinical Psychologist	Sally-Anne	Aarons	WAITARA		GEN	CMHS	ATSI	SPP		Anxiety, Panic attacks, Depression, Divorce/Separation, Grief/Bereavement, Insomnia, Intimacy issues, Life threatening illness, Life transitions, Loneliness, Neurological disorders, Chronic pain/Rehabilitation, Post natal depression, PTSD, Trauma recovery, Women's issues, Aging, neuro degenerative disease, Adjustment, Health related problems, Sleep disorders, Parkinson's. ACT, Attachment Theory, CBT, DBT, EMDR, Developmental, Mindfulness, Motivational Interviewing, Schema Therapy, Solution Oriented, Trauma-Informed.		
Registered Psychologist	Deborah	Admoni	HORNSBY	No	GEN	CMHS	ATSI			Trauma, work with children, adolescents and families, developmental disabilities, challenging behaviours, trauma/ complex trauma, intellectual disabilities, autism, ADHD		
Registered Psychologist	Michael	Burley	WARRIEWOOD	YES	GEN	CMHS >16 YRS	ATSI			Depression, Mood disorders, Anxiety, Stress, Burnout, Self-esteem, Adjustment Disorder, Substance Use Disorders, Addiction, Men's health, Grief and loss, Assertiveness training, Anger Management, Sleep Disorders, Managing Impulsive Behaviours. CBT, DBT, ACT and MI.		
Psychologist	Nicola	George	WARRIEWOOD	Yes	GEN		ATSI			Anxiety Disorders, Depression, Eating Disorders, Post Natal Depression, Anger, Bereavement Issues. CBT, EMDR, Mindfulness.		
Registered Psychologist	Lisa	Grauaug	WARRIEWOOD	Yes	GEN	CMHS >16 YRS	ATSI	SPP	PND	Anxiety, Depression, Sleep issues, Relationship concerns, Parenting issues, Chronic health conditions and chronic pain. CBT, Emotion-focused therapy, Trauma-informed approaches, Psychobiological approach to couple therapy, Relaxation and stress-management practices, Mindfulness-based techniques		
Registered Psychologist	Lyndsey	Grounds	WARRIEWOOD	Yes	GEN	CMHS 16>	ATSI	SPP		Depression, Anxiety, Mood disorders, Psychosis / Early Psychosis, Suicide Risk Assessment. ACT, CBT, Motivational Interviewing. Particular interest in mood and anxiety difficulties.		
Registered Psychologist	Alison	Glass	WARRIEWOOD	No	GEN	CMHS > 16 YRS	ATSI	SPP		Anxiety disorders, Depression, Neurodiversity, Addictions and Eating disorders with a particular interest and training in treating Post-traumatic Stress Disorder. Experienced in working with older adolescents and adults presenting with Eating Disorders, Mood, Anxiety disorders, Grief and Phobias. ACT, CBT, ERP, Level 1 IFS, Safe and Sound Protocol, Polyvagal, Sensorimotor Psychotherapy for complex trauma, training in multiple EGO state therapies, training in complex trauma and dissociative disorders.		
Clinical Psychologist	Annemarie	Lambe	WARRIEWOOD	Yes	GEN		ATSI	SPP		Family Court issues, Divorce, Terminal Illness, Parenting, PND, Trauma, Rehabilitation from Injury, Chronic pain, CALD, ADHD, PTSD, Behaviour, Cross-cultural, Trauma Victims of Crime. Advanced training in Mindfulness Integrated CBT, Interpersonal Psychotherapy, Schema Therapy.		
Clinical Psychologist	Tristan	Williamson	WARRIEWOOD	YES	GEN	CMHS >12 YRS	ATSI			Adolescents and young adults. Depression, Anxiety disorders, Men's health, Drug & Alcohol, Grief & Loss, Chronic illness and pain, Health issues, Assertiveness training, Exam & study stress, ADHD/ADD, Stress. CBT, ACT, DBT, Motivational Interviewing		Mon / Tue 10:00am - 6:00pm
Registered Psychologist	Belinda	Wilson	WARRIEWOOD	No	GEN	CMHS >17 YRS	ATSI	SPP		CBT, ACT, DBT, Interpersonal Psychotherapy, Focusing Psychotherapy, Depression, Anxiety, Drug and Alcohol including working with parents/carers of AOD,		
Registered Psychologist	Kristina	Baker	WEST PENNANT HILLS		GEN	CMHS > 5 YRS	ATSI	SPP		Anxiety, Depression, Adjustment, Attention deficit disorder (ADHD), Autism Spectrum disorder (ASD), Relationship difficulties		
Registered Psychologist	Ishan	Narendran	WEST PENNANT HILLS		GEN	CMHS > 12 YRS	ATSI	SPP		Assessment of conditions such as ADHD, Autism, and Specific Learning Disorders, Stress, Anxiety, Depression, Adjustment disorder, Trauma, Workplace difficulties, Relationship difficulties. ACT, CBT, Mindfulness and Narrative therapy.		Friday 10:00am - 6:00pm
Clinical Psychologist	Narmatha	Thillainathan	WEST PENNANT HILLS	No	GEN	CMHS >16 YRS	ATSI			Family Court issues, Divorce, Terminal Illness, Parenting, PND, Trauma, CALD, ADHD, PTSD, Behaviour, Cross-cultural, Trauma Victims of Crime. Mindfulness, CBT, DBT, Compassion focused therapy and Psychodynamic Psychotherapy.		