

*Using a warm and caring approach clinicians and coaches at Self Reflections help individuals develop greater self-awareness and constructive strategies for managing and dealing with emotional problems and difficulties, mental and physical health as well as wellbeing.*



## CONTACT US

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PSYCHOLOGY | DIETETICS | COACHING  
ASSESSMENTS | ONLINE COURSES

*Self Reflections is a clinic that prides itself on delivering unparalleled quality, service and value to our clients.*

*We have a team consisting of Psychologists, Clinical Psychologists, Coaches and Accredited Practising Dietitians providing services to children, adolescents and adults in the Illawarra and surrounding communities.*

*We provide individual and dietetic services, assessments, online courses as well as media.*



## PSYCHOLOGY

Supportive intervention for children, adolescents and adults struggling with anxiety or mood disorders, eating disorders, trauma, general life or relationship difficulties among many other concerns.

## DIETETICS

Support for eating disorders, food allergies, intolerances, gastrointestinal disorders, high cholesterol, blood lipids, insulin resistance, diabetes, weight / body issues, fussy eating and feeding difficulties.

## FAMILY & COUPLES

Providing Family & Couples Therapy to help build the foundations of strong, safe and supportive relationships. Communication barriers, emotional disconnects, or transitional life stages, our therapies are designed to strengthen and enhance bonds.

## ONLINE PROGRAMS

A diverse range of learning opportunities and tools through our self-paced courses and structured virtual online programs, all designed to support and educate through various topics and life challenges.

## ASSESSMENTS

Psychometric testing and assessments for children, adolescents and adults as per the gold standard recommendations providing cognitive and educational, functional behavioural as well as Autism assessments.

## MEDIA HUB

A sanctuary for growth and enlightenment where we blend profound psychological insights with practical life strategies, all curated for the modern adult navigating the intricate dance of personal and professional realms.



*Self Reflections creates a sense of safety curiosity + empowerment for clients to become experts in managing their own emotions and overcoming their difficulties.*



## BOOKINGS

If you wish to make an appointment simply call or email to find out when our clinicians are available.

## FEEES

We retain substantially lower fees compared to the recommended rates by our governing bodies.

Please contact our clinic or visit our website for an outline of our fees for different services.

Fees are payable by cash/card at the end of the appointment. Medicare or private health insurance rebates are available.

