

PSYCHOLOGY TEAM

Below you will find specific details regarding the areas we work with, specific interest areas of our clinicians as well as our exclusion criteria. We hope this can aid in appropriate referrals / allocations.

All our clinicians provide therapeutic assessment and intervention for the following difficulties:

- Academic performance
- Adjustment difficulties
- Anger management
- Anxiety disorders & phobias
- Assertiveness training
- Attachment problems
- Body Dysmorphia
- Borderline personality traits
- Bullying
- Burnout
- Conduct difficulties
- Depression & mood disorders
- Distress tolerance
- Emotional / mood regulation
- Grief loss & bereavement
- Obsessive-compulsive traits
- Panic
- Perfectionism
- Problem solving
- Procrastination
- Relapse prevention
- Relationship difficulties
- Relaxation and mindfulness
- Resilience
- Self-esteem
- Self-harm
- Sleep difficulties
- Separation anxiety
- Social anxiety & shyness
- Stress management
- Study stress
- Suicidal thinking
- Time management
- Trauma
- Trichotillomania
- Unhelpful thinking

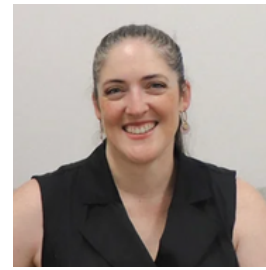
Our **exclusion** criteria includes:

- Psychosis / schizophrenia
- Eating Disorders requiring hospitalisation
- BMI <16
- Perpetrators of Domestic Violence or Sexual Assault
- Substance addictions as primary diagnosis
- Forensics/medico/legal reports
- Dementia or Alzheimers
- Intellectual disabilities
- Children younger than 2 years old
- Adults older than 70 years old
- Work Cover / Insurance
- Open Arms / DVA
- Bulk billed services
- Homelessness as primary concern

Please refer to the following pages that provide you with an outline of each clinicians scope of work.

All referrals can be sent to Self Reflections via email info@selfreflections.com.au or fax 02 4288 2530.

We look forward to receiving your referral and helping our community through their challenges.



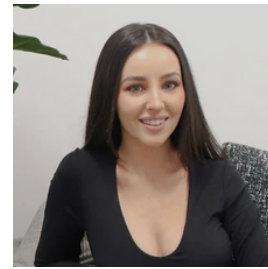
NAME	Klaudia Gebert
TITLE	Founder Clinic Director Senior Psychologist Board Approved Supervisor
EXPERIENCE	15 years
AGE	18-70yo
INTEREST AREAS	Eating Problems / Disorders under EDMP (Anorexia, Bulimia, Binge Eating Disorder, EDNOS), Weight & Body Image issues, Body Dysmorphia. Trauma (childhood and adult), PTSD, Complex Trauma/PTSD. Emotional dysregulation. Personality disorders/traits.
THERAPY	CBT, CBT-E, DBT, DBT-E, Schema Therapy, Schema Therapy for Eating Disorders, ACT, SFBT, Motivational Interviewing, NT, Mindfulness
CLINIC DAYS	Wed, Thurs, Fri, Sat
ADDITIONAL EXCLUSIONS	ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns

Dr Krystal Sattler
Senior Clinical Psychologist Clinical Supervisor
16 years
16-70yo
Trauma (childhood and adult), Traumatic Incidents/PTSD, Relationship Issues, Couples Counselling, Mood Disorders, Anxiety Disorders, Emotion Dysregulation, Personality Disorders and Traits, Grief and Loss. Disordered Eating, Eating & Body Image Problems (not under EDMP). Clinical Supervision.
CBT, Schema Therapy, EMDR, DBT, ACT, CPT, Mindfulness, Gottman Method Couples Therapy, Motivational Interviewing
On leave until early 2025
ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns, NDIS



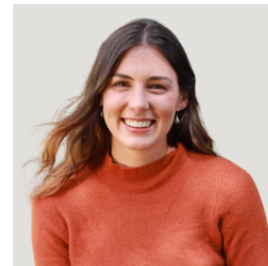
NAME	Judit Markos
TITLE	Senior Psychologist
EXPERIENCE	10+ years
AGE	2-70yo
INTEREST AREAS	Children & adolescents with emotional and behavioural struggles, social and learning difficulties, Autism Spectrum Disorder, Complex Trauma, Childhood abuse and childhood DV. IQ Assessments, Functional & Behavioural Assessments, Autism Assessments.
THERAPY	CBT, DBT, ACT, SFBT, Circle of Security Parenting (COS), Narrative Therapy, Play Therapy
CLINIC DAYS	Mon, Tues, Thurs, Fri
ADDITIONAL EXCLUSIONS	Body Dysmorphia, Disordered Eating, Eating Disorders

Grace Maguire
Clinical Psychologist
6+ years
8-70yo
IQ and functional behaviour assessments. Personality disorders/traits, emotional/mood regulation problems. Self-harm and suicidal ideation. Trauma (childhood and adult). Eating Problems / Disorders under EDMP (Anorexia, Bulimia, Binge Eating, EDNOS). Weight and body image issues, Body Dysmorphia.
CBT, DBT, ACT, Schema therapy, Motivational Interviewing, Mindfulness
On leave until mid 2024
Corrective Services



NAME	Tara Cooper
TITLE	Senior Psychologist
EXPERIENCE	10+ years
AGE	18-70yo
INTEREST AREAS	Eating Problems / Disorders under EDMP (Anorexia, Bulimia, Binge Eating Disorder, EDNOS), Weight & Body Image issues, Body Dysmorphia. Anxiety disorders. Trauma, PTSD, Complex trauma/PTSD. Personality disorder traits.
THERAPY	CBT, CBT-E, ACT, DBT, SFBT, Mindfulness
CLINIC DAYS	Mon, Tues, Fri
ADDITIONAL EXCLUSIONS	ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns, NDIS

Emily Woods
Psychologist Clinical Psychology Registrar
2+ years
13-70yo
Depression & Anxiety Disorders, Stress, Obsessive Compulsive Disorder, interpersonal difficulties, Personality Disorders/traits. Grief and loss. Neurodiversity. Gender Dysphoria, Gender Reassignment Concerns.
CBT, DBT, ACT, Motivational Interviewing, Mindfulness
Thurs, Fri, Sat
Eating Disorders, Complex Trauma/PTSD



NAME	Amanda (Mandy) Nolan
TITLE	Psychologist
EXPERIENCE	5 years
AGE	10-70yo
INTEREST AREAS	Trauma (childhood & adult), Complex Trauma, PTSD, Eating problem/disorders under EDMP (Bulimia, Binge Eating, EDNOS), Weight and body issues. Suicidal Ideation and Self Harm. Couples and Relationship Counselling. Personality Disorders / Traits / Assessment. IQ Assessments, Functional & Behavioural Assessments, ADHD Assessments and Learning Difficulties.
THERAPY	EMDR, CBT, TF-CBT, ACT, CPT, DBT, Motivational Interviewing
CLINIC DAYS	Mon, Tues, Wed, Thurs
ADDITIONAL EXCLUSIONS	N/A

Veronica Power
Psychologi
4 years
6-70yo
IQ and Functional Behaviour Assessments, Personality Disorders / Traits, Emotional and Mood Regulation Problems, Eating Disorders under EDMP, Trauma (Single and Multiple), PTSD / C-PTSD, Anxiety / Panic Disorders, OCD, Self Harm and Suicidal Ideation.
CBT, ACT, DBT, EMDR, CBT-E, Mindfulness, Motivational Interviewing
Sat
Corrective Services, Addictions

DIETETICS TEAM

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NAME	Alicia Thackray	Brielle Musgrove
TITLE	Accredited Practicing Dietitian	Accredited Practicing Dietitian
EXPERIENCE	10+ years	5 years
AGE	All ages	Over 12yo
INTEREST AREA	Arthritis (e.g. gout), Children with special needs, Coeliac disease Diabetes - type 1 and type 2, Enteral feeding, Food allergies and intolerance, Fussy eating and feeding difficulties, Gastrointestinal disorders/problems (e.g. celiac disease, constipation), General healthy eating and wellbeing, High blood pressure, Eating disorders under EDMP, High cholesterol and blood lipids, Insulin resistance (eg. Pre-diabetes & polycystic ovarian syndrome), Introducing solids, Nutrient deficiencies such as iron deficiency, Renal disease e.g. kidney stones, Slow growth, Weight/body issues or control, weight management	Eating Disorders under EDMP, Disordered Eating, Body Image issues, Mental health nutrition, Nutrient deficiencies (e.g. iron deficiency) and Sports nutrition.
CLINIC DAYS	Thurs AM	Wed PM, Thurs (fn) PM
ADDITIONAL EXCLUSIONS	N/A	N/A