

SELF REFLECTIONS

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.

INCLUSIONS

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

- Adjustment difficulties
- Addictions
- Anger management
- Anxiety disorders, Panic & Phobias
- Assertiveness training
- Attachment problems
- Autism or ADHD Assessments
- Behaviour or Conduct Difficulties
- Body image issues or Dysmorphia
- Borderline personality traits or disorder
- Bullying, Harassment or Assaults
- Burnout or Stress Management
- CTP / WorkCover (SIRA)
- Depression & Mood Disorders, Bipolar
- Distress intolerance
- Emotional / Mood regulation
- Functional or Behavioural Assessments
- Grief loss & bereavement
- IQ or Cognitive Assessments
- Neurodiversity (ASD, ADHD)
- NDIS (Self or Plan Managed)
- Obsessive-compulsive disorder or traits
- Performance procrastination or perfectionism
- Relapse prevention
- Relationship, Couples or Family Therapy
- Relaxation and Mindfulness
- Schizophrenia
- Self-esteem, Self-worth
- Self-harm or Suicide thinking or attempts
- Sexual Assault/Abuse (child or adult)
- Sleep difficulties, Insomnia
- Separation or Social Anxiety
- Stress management, Burnout
- Time management
- Trauma, complex trauma, PTSD
- Trichotillomania, Dermatillomania

WHO WE ARE

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.



Please refer to the following pages that provide you with an outline of each clinician's scope of work and interest areas. Further information on each clinician's bio is located on our website.

All referrals can be sent to Self Reflections via email info@selfreflections.com.au or fax 02 4288 2530. Alternatively clients can book online via our online portal or by calling the clinic on 02 4288 2540.

EXCLUSIONS

Our exclusion criteria includes:

- Active Psychosis
- Eating Disorders requiring hospitalisation
- Perpetrators of Domestic Violence or Sexual Assault
- Forensics/medico/legal reports
- Dementia or Alzheimers
- Significant Intellectual Disabilities
- Children younger than 2 years old with Adults older than 80 years old
- Open Arms / DVA
- Bulk billed services
- Homelessness as primary concern

CONTACT

Self Reflections Wollongong

- ☎ 02 4288 2540
- ✉ info@selfreflections.com.au
- 🌐 www.selfreflections.com.au



Self REFLECTIONS

PSYCHOLOGISTS

KLAUDIA GEBERT

Founder | Director | Senior Psychologist | EMDR Institute Therapist
Life & Mindset Coach | Podcast Host | Board Approved Supervisor



EXPERIENCE	15 years
AGE	20-70yo
INTEREST AREAS	Complexity, Trauma/PTSD, Complex Trauma/PTSD. Eating Problems / Disorders under EDMP (Anorexia, Bulimia, Binge Eating Disorder, OSFED), Weight & Body Image issues, Body Dysmorphia. Personality disorders/traits. Risk. Addictions. Substance abuse.
THERAPY	EMDR, Schema Therapy, CBT, CBT-E, DBT, DBT-E, ACT, SFBT, Motivational Interviewing, Mindfulness
CLINIC DAYS	Wed, Thurs, Fri, Sat
ADDITIONAL EXCLUSIONS	Mild Presentations or Quick Fixes, ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns

JUDIT MARKOS

Senior Psychologist



EXPERIENCE	15 years
AGE	2-80yo
INTEREST AREAS	Children & adolescents with emotional and behavioural struggles, social and learning difficulties, Autism Spectrum Disorder, Complex Trauma, Childhood abuse and childhood DV, IQ & Educational Assessments, Functional & Behavioural Assessments, Autism Assessments.
THERAPY	CBT, DBT, ACT, SFBT, Circle of Security Parenting (COS), Narrative Therapy, Play Therapy, Motivational Interviewing
CLINIC DAYS	Mon, Tues, Wed, Fri
ADDITIONAL EXCLUSIONS	Body Dysmorphia, Disordered Eating, Eating Disorders

TARA COOPER

Senior Psychologist



EXPERIENCE	14 years
AGE	18-70yo
INTEREST AREAS	Eating Problems / Disorders under EDMP (Anorexia, Bulimia, Binge Eating, EDNOS), Weight & Body Image issues, Body Dysmorphia. Anxiety & Mood Disorders. Trauma/PTSD/Complex Trauma. Personality disorders/Traits. Perinatal Mental Health & Parenting.
THERAPY	Schema 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

Clinical Psychologist

EXPERIENCE	5 years
AGE	7-60yo
INTEREST AREAS	Depression and Anxiety Disorders, Stress/Adjustment Difficulties, Interpersonal Issues, Obsessive Compulsive Disorder, Neurodiversity, Personality Disorders/Traits, Grief and Loss, Addiction. Trauma/Complex Trauma, and Gender Dysphoria.
THERAPY	Schema Therapy, CBT, DBT, ACT, Motivational Interviewing, Mindfulness
CLINIC DAYS	Wed, Thurs, Fri, Sat
ADDITIONAL EXCLUSIONS	Eating Disorders (as primary referral).



VERONICA POWER

Psychologist

EXPERIENCE	5 years
AGE	6-70yo
INTEREST AREAS	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, Schizophrenia, IQ and Functional Behaviour Assessments.
THERAPY	EMDR, CBT, ACT, DBT, CBT-E, Mindfulness, Motivational Interviewing
CLINIC DAYS	Fri, Sat
ADDITIONAL EXCLUSIONS	Corrective Services, Addictions



AMANDA (MANDY) NOLAN

Psychologist

EXPERIENCE	4 years
AGE	14-70yo
INTEREST AREAS	Trauma, Complex Trauma, PTSD. Eating problem/disorders under EDMP (Anorexia, 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, CBT-E
CLINIC DAYS	Mon, Tues, Wed, Thurs
ADDITIONAL EXCLUSIONS	N/A



MEGAN MULCAHY

Provisional Psychologist

EXPERIENCE	2 years
AGE	10-70yo
INTEREST AREAS	Depression & Anxiety Disorders, Stress, Obsessive Compulsive Disorder, Relationship / Interpersonal difficulties, Personality Disorders/traits. Grief and loss. Neurodiversity (ADHD). Trauma / Complex Trauma.
THERAPY	Schema Therapy, Psychodynamic Therapy, CBT, DBT, ACT, Motivational Interviewing, Mindfulness
CLINIC DAYS	Wed, Fri
ADDITIONAL EXCLUSIONS	Primary Dx Eating Disorders, ASD, Bipolar, Substance Abuse



SARA GRIFFIN

Provisional Psychologist

EXPERIENCE	1 year
AGE	Children (assessments only); 14-70yo
INTEREST AREAS	Mood, Depression & Anxiety disorders, Obsessive Compulsive Disorder, Panic, Stress & Burnout. Self-esteem and confidence issues. Motivation difficulties. Life transitions and everyday challenges. Basic emotional regulation difficulties.
THERAPY	CBT, Motivational Interviewing, Mindfulness-based strategies, Basic behavioural interventions.
CLINIC DAYS	Wed, Thurs
ADDITIONAL EXCLUSIONS	Complexity. Primary Dx Eating Disorders, ASD, Bipolar, Substance Abuse.

DIETITIANS

BRIELLE MUSGROVE

Accredited Practising Dietitian



EXPERIENCE	6 years
AGE	All ages
INTEREST AREAS	Eating disorders under EDMP (Anorexia, Bulimia, Binge Eating, OSFED, ARFID - Trained in CBT-e, FBT and SSCM), Disordered eating, Body image concerns, Intuitive eating, Mental health illnesses (anxiety/depression/ADHD/ASD/Bipolar), Pregnancy, Breastfeeding, Paediatric / childhood nutrition (fussy eating), ASD/ADHD impacting eating, Sports nutrition, IBS and food intolerances (Additional training and accredited with MONASH around FODMAP diet), Diabetes, High cholesterol, Coeliac disease, Malnutrition, Cancer
CLINIC DAYS	Currently on extended leave, returning early 2027
ADDITIONAL EXCLUSIONS	Weight loss as primary presentation

KARLY RUGOLO

Accredited Practising Dietitian



EXPERIENCE	8 years
AGE	Adults 18 years +
INTEREST AREAS	ADHD/Neurodivergance and nutrition, Coeliac disease, Crohn's, Ulcerative Colitis, Diverticulitis, Eating disorders under EDMP (Binge Eating, Anorexia Nervosa, OSFED, ARFID, Bulimia), Disordered eating, Chronic dieting, Fatty liver, General nutrition (e.g. iron deficiency), Gestational diabetes, GORD (reflux), Gout, High blood pressure, High cholesterol and cardiovascular disease, IBS and Digestive concerns (constipation, diarrhoea, abdominal pain etc), Insulin resistance, Intuitive eating, Lactose intolerance, Malnutrition and unintentional loss of weight, Menopause, Mental health nutrition, PCOS, Pregnancy nutrition, Type 2 Diabetes, Weight concern (non-diet approach)
CLINIC DAYS	Thurs (PM)
ADDITIONAL EXCLUSIONS	Weight loss as primary presentation