

self reflections

grounded in care, depth and clinical integrity

WHO WE ARE

Self Reflections is a Wollongong-based clinic providing psychology and dietetic services for children, adolescents, and adults. Our team includes Psychologists, Clinical Psychologists and Accredited Practising Dietitians with a range of clinical interests and experience. We work with both straightforward and complex presentations and aim to match each referral with the clinician best suited to the client's needs.

The following pages outline each clinician's areas of interest, experience and exclusions to assist with appropriate referrals and allocation. We welcome referrals under Mental Health Treatment Plans, Eating Disorder Management Plans, NDIS (self or plan managed), Chronic Disease Management Plans and CTP (SIRA).

Referrals can be sent via:

Email: info@selfreflections.com.au

Fax: 02 4288 2530

Clients may also book directly online or by calling 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
- WorkCover (SIRA)
- Bulk billed services
- Homelessness as primary concern

CONTACT

Self Reflections Wollongong



02 4288 2540



info@selfreflections.com.au



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AREAS OUR PSYCHOLOGISTS SUPPORT

All our psychologists provide therapeutic assessment and intervention across a range of presentations including:

- Anxiety disorders (Generalised Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder)
- Mood disorders (Depression, Major Depressive Disorder, Persistent Depressive Disorder / Dysthymia, Bipolar Disorder)
- Post Traumatic Stress Disorder (PTSD), trauma, complex trauma, child & adult sexual assault, DV
- Eating disorders (AN BN BED OSFED ARFID etc) and body image concerns
- Personality traits and emotional regulation difficulties
- Substance misuse, abuse or addictions
- Stress, burnout and adjustment difficulties
- Relationship, family and interpersonal concerns
- Neurodiversity (ASD, ADHD) and behavioural challenges including assessments
- Grief, loss and life transitions
- Self-esteem, identity and personal development
- Functional, cognitive and behavioural assessments



PSYCHOLOGISTS

KLAUDIA GEBERT

Founding Director | Senior Psychologist | EMDR Institute Therapist
Board Approved Supervisor | Self Reflections Podcast Host



EXPERIENCE	15 years
AGE	20-70yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Mild Presentations or Quick Fixes, ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns

JUDIT MARKOS

Senior Psychologist | Perinatal Clinician



EXPERIENCE	15 years
AGE	2-80yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Body Dysmorphia, Disordered Eating, Eating Disorders

TARA COOPER

Senior Psychologist | Eating Disorder Clinician | Perinatal Clinician



EXPERIENCE	14 years
AGE	18-70yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	ASD/Neurodivergent (as primary diagnosis), Gender Dysphoria, Gender Reassignment Concerns, NDIS



EMILY WOODS

Clinical Psychologist

EXPERIENCE	5 years
AGE	7-60yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Eating Disorders (as primary referral)



VERONICA POWER

Psychologist | EMDR Therapist | Eating Disorder Clinician

EXPERIENCE	5 years
AGE	6-70yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Corrective Services, Addictions



AMANDA (MANDY) NOLAN

Psychologist | EMDR Therapist | Eating Disorder Clinician

EXPERIENCE	4 years
AGE	14-70yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	N/A



MEGAN MULCAHY

Provisional Psychologist

EXPERIENCE	2 years
AGE	10-70yo
CLINICAL INTERESTS	Depression & Anxiety Disorders, Stress, Obsessive Compulsive Disorder, Relationship / Interpersonal difficulties, Personality Disorders/traits. Eating Problems / Disorders. Grief and loss. Neurodiversity (ADHD). Trauma / Complex Trauma.
THERAPY	Schema Therapy, Psychodynamic Therapy, CBT, DBT, ACT, Motivational Interviewing, Mindfulness
CLINIC DAYS	Thurs, Fri
NOT SUITABLE FOR	ASD, Bipolar, Substance Abuse



SARA GRIFFIN

Provisional Psychologist

EXPERIENCE	1 year
AGE	Children (assessments only); 14-70yo
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Complexity. Primary Dx Eating Disorders, ASD, Bipolar, Substance Abuse.

nutrition & dietetics

AREAS OUR DIETITIANS SUPPORT

Our Accredited Practising Dietitians provide evidence-based nutrition support across a wide range of medical and mental health concerns including:

- Eating disorders (AN BN BED OSFED ARFID etc) and disordered eating
- Gastrointestinal conditions (IBS, IBD, coeliac disease, food intolerances)
- Women's health and life stages (pregnancy, breastfeeding, menopause)
- Metabolic and chronic health conditions (diabetes, PCOS, cardiovascular disease, hypertension, fatty liver)
- Paediatric feeding concerns and neurodivergence-related eating challenges
- Nutrition deficiencies, weight concerns and intuitive eating approaches ... and more!

DIETITIANS

KARLY RUGOLO

Accredited Practising Dietitian



EXPERIENCE	8 years
AGE	Adults 18 years +
CLINICAL INTERESTS	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)
NOT SUITABLE FOR	Weight loss as primary presentation

BRIELLE MUSGROVE

Accredited Pracitising Dietitian



EXPERIENCE	6 years
AGE	All ages
CLINICAL INTERESTS	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
NOT SUITABLE FOR	Weight loss as primary presentation