

Self Reflections is a Wollongong-based psychology and wellbeing clinic supporting children, adolescents and adults.

Our team includes Psychologists, Clinical Psychologists and Accredited Practising Dietitians working across a range of clinical presentations and areas of interest.

We offer individual therapy, nutrition and dietetic services, psychological assessments, and a growing range of educational programs and resources both in person and online.



new *referrals* welcome

Referrals can be sent via:

E info@selfreflections.com.au | **F** 02 4288 2530

We accept referrals under:

Mental Health Treatment Plans (MHTP)
Eating Disorder Management Plans (EDMP)
Chronic Disease Management Plans (CDMP)
NDIS (self or plan managed)

Clients may also contact the clinic directly or book online via our website.

clinician *matching*

Our administrative team will carefully match referrals with the most appropriate clinician based on the client's needs, presentation and clinician expertise.

contact us

ADDRESS 11/104 Crown Street Wollongong
EMAIL info@selfreflections.com.au
PHONE 02 4288 2540
FAX 02 4288 2530
WEBSITE www.selfreflections.com.au
SOCIALS [selfreflectionsclinic](https://www.instagram.com/selfreflectionsclinic)



Self REFLECTIONS

Pause. Reflect. Begin again.
where insight meets safety

PSYCHOLOGY | NUTRITION & DIETETICS
COUPLES & FAMILY THERAPY
ASSESSMENTS | ONLINE HUB

Using a *thoughtful* and *collaborative* approach, clinicians at Self Reflections support individuals to develop *deeper* self-understanding and practical ways of navigating life's *challenges*, in person and online.

Our work recognises the *connection* between emotional wellbeing, physical health and everyday functioning.



psychology

Support for children, adolescents and adults experiencing anxiety, mood concerns, trauma, eating disorders, relationship difficulties and a wide range of emotional or behavioural challenges.

Our clinicians have particular experience working with trauma, eating disorders, complex presentations and personality-related difficulties.

nutrition & dietetics

Nutrition and dietetic support for eating disorders, gastrointestinal concerns, metabolic conditions, food intolerances, diabetes, cardiovascular health, body image concerns, and paediatric feeding difficulties.

couples & family therapy

Therapeutic support for couples and families seeking to strengthen communication, navigate relationship challenges, and build safer, more connected relationships.

psychometric assessments

Comprehensive psychological assessments for children, adolescents and adults, including cognitive, educational, functional behavioural and autism assessments.

online programs

Self-paced courses and structured online programs designed to support learning, reflection and personal development beyond the therapy room.

media

A curated collection of podcasts, videos and written resources exploring psychological insights, personal growth and everyday wellbeing.



Self Reflections is grounded in *thoughtful*, evidence-based care.

Our work centres on creating a space where people feel *supported* to reflect, understand themselves more *deeply*, and move toward *meaningful* change.



investment

Our services are privately billed.

Medicare rebates may be available with a valid referral from your GP under a Mental Health Treatment Plan, Eating Disorder Management Plan or Chronic Disease Management Plan.

Please visit our website or contact the clinic for a full outline of current service fees.

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

 www.selfreflections.com.au

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

*personalised nutrition pathways empowering you to achieve
a balance between physical health and mental wellness*

At Self Reflections, we recognise the profound impact of nutrition on both physical and mental well-being. Our Dietetics service is dedicated to supporting children, adolescents, and adults of all ages who are navigating challenges with physical health, food, weight, body issues, and eating disorders.



Our Accredited Practising Dietitians provide expert, compassionate care, offering evidence-based, practical advice tailored to your unique nutritional needs or medical conditions. We believe in fostering a healthier, more balanced relationship with food, contributing to your overall health and happiness. Our approach extends beyond dietary adjustments, aiming to enhance your life quality through improved nutrition.

OUR DIETITIANS

- Listen to and assess your nutritional status and needs
- Support you to improve your relationship with food and your body
- Help you to tune into your body's hunger, fullness and satisfaction cues
- Provide guidance on building balanced and satisfying meals that support your health, nutrition requirements and preferences
- Assist in managing health conditions without focusing on weight or rigid food rules, instead utilising a Health At Every Size (HAES) Approach
- Help you set and achieve your nutrition goals
- Debunk any nutrition myths or misinformation

CONTACT

Self Reflections Wollongong



02 4288 2540



info@selfreflections.com.au



KEY CLINICAL AREAS

- Arthritis & Gout
- Pre-Diabetes, Type 1 & 2 Diabetes
- Eating Disorders (AN, BN, ARFID, BED, OSFED) & Disordered Eating
- Breastfeeding & Introducing Solids
- IBS & IBD
- Hypertension & Hyperlipidaemia
- Mental Health Illnesses (ADHD, Anxiety, ASD, Depression etc)
- Intuitive Eating Principles
- Nutrition Deficiencies (Low Iron)
- Renal Disease
- Sports Nutrition
- Paediatric Nutrition (Failure to Thrive, Fussy Eating & Feeding Difficulties)
- Pregnancy, PCOS & Menopause

...and so much more!

WHO IS IT FOR?

Our dietetics service is for anyone seeking to improve their health through nutrition. Our focus is to empower you with knowledge and practical skills to make informed food choices.

We understand that each individual's relationship with food is unique, and our dietitians are skilled in addressing a wide range of nutritional needs.

Self REFLECTIONS

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!

Send referrals to Self Reflections

- P 02 4288 2540 | F 02 4288 2530
- E info@selfreflections.com.au
- W www.selfreflections.com.au



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 Practising 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

couples & family

*therapy services fostering meaningful relationships
with growth and understanding*

PROCESS

Both our family and couples therapy services follow the below process.

Assessment Phase:

Our therapy begins with a comprehensive 90-minute joint session to outline the relational landscape. This is followed by individual 50-minute sessions, allowing each participant to voice personal experiences and views. The phase concludes with another joint 90-minute session to establish a collaborative treatment plan.

Treatment Phase:

Depending on the assessed needs, sessions will extend for either 90 minutes or 1 hour and 50 minutes, focusing on practical applications of therapeutic techniques to real-life relationship scenarios.

INVESTMENT

Investment:

- 90-minute session: \$486
- 1 hour 50-minute session: \$594
- For less intensive needs, a 50-minute session is available at \$280

**Above fees are for 2026-2027. Fees are subject to change in May each year.*



In the words of Brene Brown 'we are hard wired for love, belonging and connection'. When our relationships are suffering, we suffer in such deep and painful ways. And even though we are trying to make changes and reconnect it can feel like we are going around in circles and not getting anywhere.



WHAT TO EXPECT

Utilising a blend of Cognitive Behavioural Therapy, Internal Family Systems, Acceptance Commitment Therapy, and Dialectical Behavioural Therapy, we aim to enrich your relationships with enduring growth and understanding.

Exploring Therapy Options:

Our therapy sessions are tailored to address the unique challenges and dynamics of each family and couple. Whether you are facing communication barriers, emotional disconnects, or transitional life stages, our therapies are designed to strengthen your relationships and enhance emotional bonds.

Suitability and Commitment:

This program is specifically crafted for those committed to deepening their relationships and willing to engage actively in the therapeutic process.

It may not be the best fit for those seeking temporary solutions or not ready to explore deeper emotional patterns.

CONTACT

Self Reflections Wollongong

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



assessments

*diagnostic clarity, understanding, and informed pathways
for children, adolescents, and adults*

At Self Reflections, our psychological assessments are designed to provide clarity, understanding, and guidance. We offer comprehensive, evidence-based assessments to support individuals, families, and professionals in gaining a deeper understanding of cognitive, emotional, behavioural, and psychological functioning. Our assessments are conducted with care, sensitivity, and clinical rigour, recognising that assessment is not just about diagnosis, but about understanding the whole person and supporting informed next steps.

KEY ASSESSMENT AREAS

- ADHD Assessments (Children, Adolescents & Adults)
- Autism Spectrum Assessments
- Cognitive & Intellectual Assessments
- Learning & Academic Difficulties
- Emotional, Behavioural & Mental Health Assessments
- Diagnostic Clarification & Differential Diagnosis
- School, Workplace & NDIS Supporting Assessments
- Comprehensive Psychological Reports
- Personality Assessments

Each assessment is tailored to the individual's presentation, history, and referral needs.

WHAT YOU CAN EXPECT

- A respectful, trauma-informed assessment process
- Clear communication throughout each stage
- Detailed, professional reports
- Time to discuss findings and recommendations
- Support in understanding next steps

Our aim is to provide assessments that feel informative rather than overwhelming, and empowering rather than labelling.

CONTACT



02 4288 2540



info@selfreflections.com.au

OUR ASSESSMENT APPROACH

Our assessment process is thoughtful, structured, and collaborative. It may include a combination of:

- Clinical interviews
- Standardised assessment tools
- Behavioural observations
- Collateral information (where appropriate)
- Comprehensive written reports

We take the time to explain results in a clear, compassionate, and meaningful way, ensuring findings are understood and can be used to guide support, treatment, accommodations, or recommendations moving forward.

WHO IS IT FOR?

Our assessment services are suitable for children, adolescents, and adults who are seeking:

- Greater clarity and understanding
- Diagnostic assessment or confirmation
- Support with learning, work, or daily functioning
- Guidance for treatment, accommodations, or funding pathways

We work closely with individuals, families, schools, GPs, and other professionals where appropriate, ensuring assessments are practical, ethical, and clinically sound.