

We apply researched and up-to-date treatments to a variety of difficulties and needs. All our clinicians have full registration with the Australian Health Practitioner Regulation Agency (AHPRA) as well as registered to provide services with Medicare. We practice in accordance with professional and ethical codes of conduct outlined by the Psychology Board of Australia, the Australian Psychological Society (APS), the Australian Clinical Psychology Association (ACPA) and the Dietitians Association of Australia (DAA).

Self Reflections aims to at all times maintain the upmost levels of service for our clients and strives to place itself at the forefront of services within the Psychology and Dietetic industries.

KLAUDIA GEBERT

Founder | Clinic Director | Senior Psychologist



Klaudia is an esteemed and highly experienced Psychologist with 15 years of experience in the mental health sector. She has provided not only focused psychological assessment, intervention and treatment to individuals but also group intervention programs, workshops and presentations throughout NSW, WA and VIC. Klaudia founded Self Reflections in 2013, relocating it to Wollongong in 2017 with an aim to provide high quality, safe and non-judgemental services.

As a Psychologist, Klaudia believes in working collaboratively with you to help achieve your therapeutic goals. Klaudia's approach is deeply rooted in holistic psychology, embracing the interconnectedness of mind, body and spirit to foster transformative healing and lasting well-being. She understands that each experience is unique, and therefore treatment must be tailored to meet individual needs. Klaudia goes beyond a band-aid treatment approach to help you understand your underlying causes, what perpetuates your current difficulties and empathically challenges you to help foster motivation and accountability, while getting your needs met through the therapeutic journey.

Klaudia aims to provide a supportive and friendly environment in which you can develop new skills in managing your current difficulties, while building on your existing strengths. Klaudia has extensive experience working with adults with complex presentations. Her interests include weight/shape/body image concerns, disordered eating, eating disorders, personality disorders and complex trauma.

She is experienced in evidence based individual cognitive and behaviour psychological therapies, including Cognitive Behavioural Therapy (CBT), Enhanced CBT, Dialectical Behaviour Therapy (DBT), Enhanced DBT (DBT-E), Schema Therapy, and Acceptance and Commitment Therapy (ACT).

DR KRYSTAL SATTLER

Senior Clinical Psychologist | Clinical Supervisor



Dr Krystal Sattler is a warm and collaborative Senior Clinical Psychologist, with 16 years of experience in psychology. Krystal offers a client-centred approach that focuses on understanding the unique circumstances that have brought you to therapy. She takes the time to help identify your core needs and shape your goals with you, which allows you to see the changes you are achieving in the therapy space. Krystal believes the therapeutic relationship is key to providing a sense of safety, curiosity, and empowerment. This in turn creates the opportunity for you to become an expert in managing your emotions, strengthening your relationships, developing your skills in communication, and learning how to get your core psychological needs met in your daily life.

Krystal has provided individual therapy and group therapy services in private practice, community, and inpatient/hospital settings. Krystal provides couples therapy with a grounding in Gottman Method Couples Therapy, attachment theory, and EFT. Krystal has interests in the assessment and treatment of trauma (childhood and adult), traumatic incidents/PTSD, mood disorders, anxiety disorders, life stressors and adjustment, relationship difficulties, grief and loss, and personality disorders including Borderline Personality Disorder.

Krystal is trained to provide Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance Commitment Therapy (ACT), Schema Therapy, Eye Movement Desensitization and Reprocessing (EMDR) and Gottman Method Couples Therapy. Krystal is an AHPRA Board-Approved Supervisor, providing clinical supervision to Clinical Psychology Registrars on their pathway to achieving their Clinical endorsement. She regularly provides peer supervision to a range of mental health professionals.

JUDIT MARKOS

Senior Psychologist



Judit is a Senior Psychologist who has over 10 years experience providing evidence-based treatment as well as testing and assessment across the lifespan. She has diverse experience working with children and adolescents with emotional and behavioural struggles, social and learning difficulties as well as well versed in using a variety of assessment tools.

Judit has extensive experience working in the areas of depression, anxiety, complex trauma, grief and loss, self-esteem and family relationship breakdowns. She has worked in both the Out of Home Care and private sectors. She has a special interest in supporting individuals diagnosed with Autism Spectrum Disorder and working with people affected by trauma, childhood abuse and domestic violence.

Judit's sessions provide a non-judgemental, client focussed and holistic approach to counselling and interventions. She tailors treatment to each individual and adopts a strengths-based approach to assist you to develop self-confidence and lasting skills to manage difficulties.

When working with young clients, she enjoys creating a fun and engaging therapy space and tailors her therapy to the child's individual needs and interests. She aims to provide a collaborative approach by working with the child, parents, carers, teachers and other health care professionals to provide the best outcome for the child.

She is proficient in a number of psychological and behaviour change therapies including Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioural therapy (DBT), Solution Focussed Therapy (SFBT), Circle of Security Parenting (COS), Narrative Therapy and Play Therapy. She is passionate about mental health and assisting people to bring about long-term positive change in their lives.

GRACE MAGUIRE

Clinical Psychologist



Grace is a Clinical Psychologist who has over 5 years of experience in providing psychological assessment and evidenced based intervention to treat a variety of psychological disorders. She has worked in an extensive range of areas including private practice, inpatient and outpatient hospital settings as well as a forensic setting. Grace has published research and is passionate about continuing to upskill through participating in regular workshops and training.

She has a high level of competency in diagnostic assessment and case formulation. As well as extensive experience in working with depressive disorders, anxiety disorders, personality disorders, trauma and stressor related disorders, eating disorders, self-harm and suicidal ideation. She has a special interest in supporting individuals with emotion regulation difficulties and in psychometric assessment.

She is experienced in providing evidenced based treatments including Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing and Mindfulness. She also has experience in utilising aspects of Schema Therapy and Narrative Therapy.

Grace embodies compassion and warmth to create a space for you to feel supported, valued and motivated. She places significant importance on creating a strong therapeutic relationship and seeks to tailor intervention to your unique needs.

TARA COOPER

Senior Psychologist



Tara is an experienced and compassionate Senior Psychologist who brings her expertise to working with adolescents and adults in various clinical settings. She is deeply passionate about empowering you to live a values-based life, and she is committed to tailoring evidence-based approaches to meet your unique needs.

With a diverse skill set, Tara addresses a wide range of presenting concerns, including depression, anxiety, navigating difficult life transitions, managing stress, addressing eating and body image complaints, overcoming eating disorders, and resolving personal relationship difficulties. She understands that each person's journey is unique, and she is dedicated to providing personalized guidance and support to help you reach your full potential.

Drawing upon her experience working with Australia's largest multidisciplinary youth mental health service, headspace, Tara has developed a special interest in supporting adolescents and young adults.

She recognizes the unique challenges faced by this population and is well-equipped to guide them through their mental health journey. Tara's approach integrates various evidence-based treatments, including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, and Mindfulness. By utilizing these approaches, Tara empowers her clients to develop new skills, build resilience, and make meaningful changes in their lives.

Beyond her clinical expertise, Tara is known for her warm and empathetic approach. She creates a safe and non-judgmental space where individuals feel heard, understood, and supported. Her genuine commitment to her clients' well-being fosters a strong therapeutic alliance built on trust and collaboration.

EMILY WOODS

Psychologist | Clinical Psychology Registrar



Emily is a Clinical Psychology Registrar with several years of experience providing psychological intervention and assessment to individuals of all ages. She works with a variety of presentations including depression, anxiety, stress, Obsessive Compulsive Disorder, interpersonal difficulties, personality disorders, grief and loss, as well as neurodiversity.

She is passionate about helping you actualise your potential and reach your personal goals. Emily achieves this through an evidence-based, client-centred approach which is individually tailored to your unique needs.

She incorporates several therapy modalities including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Mindfulness, and Motivational Interviewing. Throughout her Clinical Registrar program, she is hoping to gain further training and expand into Schema Therapy and EMDR.

Emily is a warm and friendly clinician who aims to build excellent rapport in order to increase your outcomes. Emily spends time listening, collaborating and creating a compassionate and non-judgemental space for you to share your story. She invites you to become curious about your difficulties, deepen your personal insight, and provide you with skills to manage your issues. She empowers you to make meaningful and long-lasting changes in your life while supporting you through this difficult time.



ALICIA THACKRAY

Accredited Practicing Dietitian

Alicia has a Masters of Science in Nutrition Dietetics and Exercise Physiology obtained from the University of Wollongong, and is an Accredited Practicing Dietitian with the Dietitians Association of Australia.

Alicia has over 10 years experience working in metabolic health, mental health and weight management in children, teenagers and adults, is certified in low FODMAP eating and has an interest in eating disorders.

Alicia has a passion to provide clear evidence based dietary advice to help you live well, avoid fad dietary trends that do not work and be the healthiest you can be. As a mother of four, she understands the busy demands of life and will work with you to develop a healthy lifestyle personalised to your situation.



BRIELLE MUSGROVE

Accredited Practicing Dietitian

Brielle is an Accredited Practising Dietitian who is passionate about working with you to prevent and treat eating disorders. She completed a Bachelor of Nutrition and Dietetics (Honours) at the University of Wollongong.

Brielle has extensive experience working with adolescents and adults who have disordered eating or a diagnosed eating disorder. She has previously worked at headspace centres (Australia's largest multidisciplinary youth mental health service), outpatient clinics, general practice and private practice. She has experience in providing dietary support to clients with a range of concerns such as mental health nutrition, disordered eating, eating disorders, body image concerns, sports dietetics and nutrient deficiencies (e.g. iron deficiency).

Brielle provides evidence based, Health at Every Size (HAES) aligned dietary advice and support to you and your family/carers. Brielle has completed specialised training in the area of eating disorders and supports individuals to improve their relationship with food and their body.