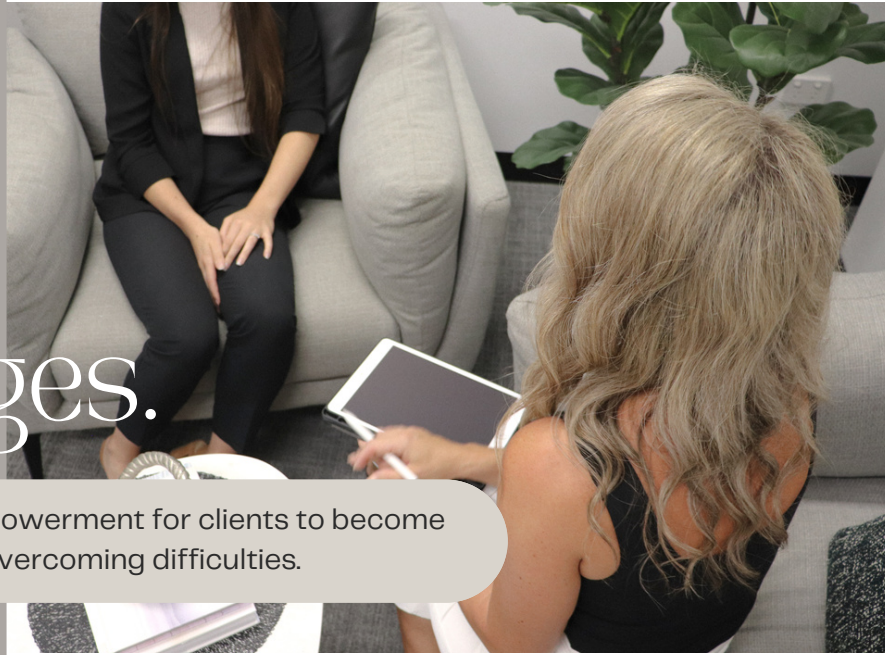


Make long lasting changes.

We create a sense of safety, curiosity & empowerment for clients to become experts in managing their own emotions & overcoming difficulties.



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 Practicing Dietitians providing services to children, adolescents and adults in the Illawarra and surrounding communities.

Our Services

Psychology

Coaching

Assessments

Dietetics & Nutrition

Family & Couples

Online & Media Hub

Using a warm and caring approach clinicians and coaches at Self Reflections help individuals develop greater self-awareness and constructive strategies for managing and dealing with emotional problems and difficulties, mental and physical health as well as wellbeing.

Book Now



Contact us to begin your healing journey.

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