

Anna Pengue

BSSc, M.A (Psych), MPsych (Clinical), MAPS

Anna has substantial interest and experience providing assessment and treatment of:

- Adolescent and young adults
- PTSD and Complex Trauma
- Grief and Loss
- Anxiety Disorders
- Adjustment difficulties
- Stress management
- Trauma

Natasha Sindicich

BPsych (Honours), MPsych (Forensic),
MAPS (Member, Australian Psychological Society)

Natasha has extensive experience providing therapeutic services in areas including:

- Anxiety and depressive disorders Adolescents and young adults
- Grief and bereavement
- Impulse control issues in adults and young people with ADHD
- Male health issues
- Parents with parenting concerns
- Trauma
- Working with children (8yrs and older)



With an understanding that everyone requires an individually tailored approach to address their specific needs, our practitioners work collaboratively with clients to help them overcome challenges, navigate relationships and achieve their mental health goals.



Adult mental health
Counselling for young adults
Emotional and behavioural issues for teenagers
Child psychology



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EAST SYDNEY
PSYCHOLOGISTS

We offer professional and compassionate support and we will work with you to help you to achieve your mental health goals



Phase 1: Making an Appointment at ES Psychologists

Phase 2: Comprehensive Assessment and Feedback

- Comprehensive background history and assessment
- Outline of strategies and skills to be gained from therapy
- Individualised case formulation
- Setting therapy goals
- Building the therapeutic alliance



Phase 3: Active Treatment

- Application of skills and strategies by the client
- Treatment options include the evidence-based skills of mindfulness, exposure therapy, behavioural strategies, compassion-focussed therapy, distress tolerance, acceptance skills, image rescripting and thought challenging



Phase 4: Response and Relapse Prevention

- Continued support provided once the crisis or issue of concern has been addressed
- Longer periods of time between sessions
- Identification of upcoming high risk situations and early warning signs
- Development of a relapse prevention plan
- Lapse management



Phase 5: Ending Treatment

- If after a period of 6-12 months, the client has not required a session, the psychologist will temporarily close the client's file
- The client is welcome to contact the service and resume therapy at any future point



TREATMENT PHASES