

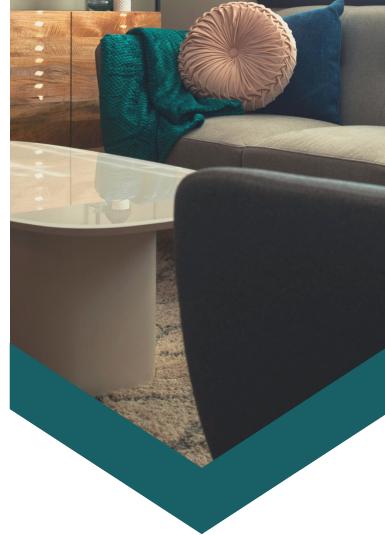
With an understanding that everyone requires an individually tailored approach to address their specific needs, our practitioners work collaboratively with clients to help them overcome challenges, navigate relationships and achieve their mental health goals.



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



(+61) 0412 332 906 admin@espsychs.com.au www.espsychologists.com.au 1 Walsh Ave, Maroubra, NSW 2035 24 Frenchmans Rd, Randwick NSW 2031



EAST SYDNEY

PSYCHOLOGISTS

people with ADHD

- Trauma

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
- Male health issues
- Parents with parenting concerns

Working with children (8yrs and older)

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

# **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

### 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 3: Active Treatment

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

- hase 1: Making Appointment at ES Psychologist
- Eeedback
  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

**TREATMENT PHASES**