

# **LGBTIQA+ INCLUSIVE MENTAL HEALTH PROFESSIONALS**

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## **+** DISCLAIMER

This directory is a general guide to LGBTIQ+ inclusive mental health practitioners in Canberra, surrounding areas, and online. Listings have been compiled from publicly available information and, where applicable, with the consent of practitioners who have expressed an interest in supporting LGBTIQ+ communities.

Practitioners may differ in qualifications, funding options, and therapeutic approaches. While every effort has been made to include providers who demonstrate inclusive practice and cultural competence, inclusion in this list does not constitute formal endorsement, accreditation, or recommendation by Meridian.

This directory is not exhaustive and is not a substitute for emergency or crisis services. If you are in crisis or need immediate support, please call 000, Lifeline (13 11 14), or QLife (1800 184 527).

Meridian does not guarantee the accuracy of the information provided, nor the quality or availability of services. Individuals are encouraged to contact practitioners directly to confirm details, fees, and availability.

Feedback and updates are welcome to help keep this resource current—please contact

[wellbeingservices@meridianact.org.au](mailto:wellbeingservices@meridianact.org.au)

### **Aileen Howe (she/her)**

#### **Clinical Psychologist - Canberra (Turner)**

Aileen is a Clinical Psychologist with over twenty years' experience working with young people, adults, and couples. She provides psychological support and counselling for a range of mental health concerns and enjoys working collaboratively with her clients to find real solutions to the issues they are experiencing. Aileen utilises a range of approaches in her work, including Cognitive Behavioural Therapy (CBT), Mindfulness Based Emotional Balance, Dialectical Behaviour Therapy (DBT), Eye Movement, Desensitisation and Reprocessing (EMDR), Compassion Based Therapy, Motivational Interviewing, Solutions Focussed Therapy, Hypnosis, and Acceptance and Commitment Therapy (ACT).

#### **AREAS OF FOCUS**

Trauma, Anxiety, Depression, Couples, Adults, EMDR, CBT, DBT, ACT, Mindfulness

#### **CONTACT**

[info@lifeunlimited.com.au](mailto:info@lifeunlimited.com.au) / 02 6248 5138 / [lifeunlimited.com.au/people/aileen-howe](http://lifeunlimited.com.au/people/aileen-howe)

### **Alex Creugnet (they/them)**

#### **Psychologist – Canberra (Kambah)**

Alex has completed a Bachelor of Arts (Psychology) and a Postgraduate Diploma in Psychology from Monash University, Melbourne. They have also completed a Masters' degree in Career Coaching at the University of East London and are also fluent in French.

Alex is interested in working with expecting and new parents, via both individual and couple's therapy. They have extensive experience in working with culturally diverse people. As a teacher in a previous life, Alex is acutely aware of the importance of attachment in supporting the wellbeing of young children and is passionate about supporting parents in their transition to parenting.

Alex works with a range of conditions, including anxiety, depression, and trauma-related presentations. They have a strong interest in supporting LGBTIQ+ clients and are trained in several therapeutic frameworks, including CBT, ACT, EFT, and Internal Family Systems Therapy. Alex may take clients from age of 14-18.

#### **AREAS OF FOCUS**

Perinatal Mental Health, Trauma, Teens (14–18), Couple Therapy, Family Therapy, French-Speaking, CBT, ACT, EFT, IFS

#### **CONTACT**

04 9411 5376 / alexcreugnetpsychology.com

**GENDER AFFIRMING CARE SUPPORT LETTER**

No

### **Anine Cummins (they/them)**

**Counsellor – Melbourne / Telehealth**

Anine is a gender-nonconforming, trans-positive counsellor supporting both adults and teens in exploring identity, navigating trauma, and healing from dissociative disorders (including DID). They work respectfully with neurodivergent clients, using strengths-based and practical strategies that foster greater self-acceptance and emotional well-being. Anine holds a Bachelor of Arts in Psychology (Hons) and brings a client-centred, trauma-informed, and culturally inclusive approach to counselling.

**AREAS OF FOCUS**

Trauma, Dissociative disorders (including DID), Neurodivergence, Teens (14+)

**CONTACT**

[anine@gingercatcounselling.com.au](mailto:anine@gingercatcounselling.com.au) / 0426 847 891 / [gingercatcounselling.com.au](http://gingercatcounselling.com.au)

### **Brett Harris (he/him)**

**Provisional Psychologist - Canberra (Deakin)**

Brett provides trauma-informed care drawing on Cognitive-Behavioural Therapy (CBT) and values-based Acceptance and Commitment Therapy (ACT). Sessions are collaborative, strengths-focused and affirming of diverse identities and experiences. Brett can provide comprehensive therapeutic support, and—where clinically appropriate—work collaboratively with my supervising clinical psychologist to facilitate referral documentation.

**AREAS OF FOCUS**

Life transitions, Stress, Perfectionism & Self-criticism, Grief & Adjustment, Relationship, Interpersonal Concerns

**GENDER AFFIRMING CARE SUPPORT LETTERS**

No

**CONTACT**

[brett@lanternpsychology.com.au](mailto:brett@lanternpsychology.com.au) / 0403 755 113 / [www.lanternpsychology.com.au](http://www.lanternpsychology.com.au)

### **Brooke Armour (she/her)**

**Couples Counsellor and Psychotherapist – Canberra (Weston Creek) / Telehealth if has accessibility difficulties**

Brooke is an ACA registered counsellor with a particular interest in working with clients towards their goals of strengthening relationships whether they be romantic, familial or collegial. Working with a person-centred approach, she aims to empower her clients to achieve their goals, has completed Level 1 training through The Gottman Institute and is eager to continue learning.

She is passionate about the positive impacts of open communication and acceptance in relationships and aims to facilitate difficult conversations on the road to strengthening bonds. Brooke provides clients with a safe, non-judgemental space where she offers high levels of empathy and compassion to support the client in realising their strengths. This strengths-based philosophy allows clients to achieve sustainable results.

Prefer to work in person but provides services online for some clinics with service accessibility difficulties.

Couples sessions are in person only.

## AREAS OF FOCUS

Communication, Relationship Issues, Couples Therapy, Gottman Method

## CONTACT

[admin@mountainstomolehills.com.au](mailto:admin@mountainstomolehills.com.au) / 02 6189 5256 / 04 8009 9617 / mountainstomolehills.com.au

## CJ Stewart (he/they)

### Counsellor/Psychotherapist – Canberra (Weston Creek)

CJ is an ACA registered counsellor who completed his master's degree practical experience at Meridian. CJ currently works at Meridian part time. With a particular interest in counselling techniques which are Autism and neurodivergence sensitive, CJ practices with a person-centred and trauma informed approach. CJ has a background in education and career counselling, and the construction industry and he migrated to Australia from Scotland 15+ years ago. CJ has a passion for supporting clients from the LGBTIQ+ and disability communities, particularly through periods of transition such as post-diagnosis, relationship changes, gender and sexuality exploration, and career development. CJ has a passion for supporting clients in our community and utilises a broad multi-theoretical psychotherapy model and lived experience to ensure his client's needs are met with empathy and understanding.

## AREAS OF FOCUS

Neurodivergence, Autism Support, Pathological Demand Avoidance, Career Transitions, Post-Diagnosis Adjustment, Person-Centred Therapy

## CONTACT

[admin@mountainstomolehills.com.au](mailto:admin@mountainstomolehills.com.au) / 02 6189 5256 / 04 8009 9617 / mountainstomolehills.com.au

## Dr Daniel Heard (he/him)

### Consultant Psychiatrist – Canberra (Deakin)

Dr Daniel Heard (Dr Dan) is a Canberra-based consultant psychiatrist with a special interest in supporting older adults. He provides psychiatric care for people over the age of sixty-five experiencing conditions related to ageing, including dementia, Alzheimer's disease, and memory difficulties, as well as depression, anxiety, and bipolar disorder. He also accepts DVA referrals for patients over sixty-five.

Dr Dan sees adults over thirty seeking an ADHD assessment for the first time (without a prior ADHD diagnosis). Dr Dan is known for his warm and approachable style, and his practice is grounded in evidence-based psychiatric care for later life and neurodevelopmental conditions.

## AREAS OF FOCUS

Older Adults, Dementia, Cognitive Disorders, Bipolar Disorder, ADHD (30+)

## CONTACT

[hello@waymind.com.au](mailto:hello@waymind.com.au) / 02 5104 6463 / waymind.com.au

## Danielle Kristensen (she/her)

### Clinical Psychologist – Canberra (Garran) / Telehealth

Danielle enjoys working teens and adults, but more recently has been working with the 12-25 population at headspace. Through her experience at headspace Danielle has supported clients with a range of presentations including anxiety, depression and mood disorders, OCD, emotion dysregulation, ADHD, interpersonal difficulties and those questioning their gender or sexuality. Danielle has experience providing evidence-based

therapies such as Cognitive Behavioural Therapy, and is informed in Dialectical Behaviour Therapy and Acceptance and Commitment Therapy. Her current goal is to expand her practice to include Cognitive Processing Therapy and support clients with PTSD presentations. Danielle enjoys all aspects of her work but is especially passionate about the therapeutic relationship with her clients and empowering them to live a more fulfilling life.

**AREAS OF FOCUS**

Trauma, Life Transitions, OCD, PTSD, ADHD, 12-25 yo, DBT

**CONTACT**

[new@capitalpsychologyclinic.com](mailto:new@capitalpsychologyclinic.com) / 02 6156 4780 / [capitalpsychologyclinic.com.au/our-team](http://capitalpsychologyclinic.com.au/our-team)

**Dr Emma Adams (she/her)**

**Psychiatrist – Canberra (Deakin)**

Dr Emma Adams is a psychiatrist specialising in perinatal and infant mental health. She also sees general adult psychiatry, in particular anxiety disorders, mood disorders and trauma and Post Traumatic Stress Disorder (PTSD) in first responders and other situations. She has an interest in sexual and gender health and the interface of medical conditions with psychiatry, as well as doctor's mental health.

Dr Adams has been in psychiatry for over 25 years over many settings and services in Australia as well as in Canada. She studied medicine at the University of Queensland and trained in emergency medicine for a time before switching to psychiatry. She is an advocate for not only the biological and psychological aspects of health, but also the social, cultural, community and environmental aspects of social and emotional wellbeing.

**AREAS OF FOCUS**

Adult Psychiatry, Trauma, Sexual & Gender Health, Anxiety

**CONTACT**

[clinic@thinkmh.com.au](mailto:clinic@thinkmh.com.au) / 02 6282 8266 / [thinkmh.com.au/team/dr-emma-adams](http://thinkmh.com.au/team/dr-emma-adams)

**Genna Ward (she/her)**

**Clinical Psychologist – Canberra (Woden) / Telehealth for existing clients**

Genna is a clinical psychologist with twenty-three years' experience as a counsellor and psychologist. She has a background in sexual assault and domestic violence counselling in the community sector and has worked as a university counsellor, in alcohol and drug treatment, and with chronic pain, as well as in general counselling. She draws on a range of therapeutic approaches including Acceptance and Commitment Therapy (ACT), Interpersonal Psychotherapy (IPT), talk therapy and Mindfulness. She is also trained in Eye Movement Desensitisation Reprocessing, (EMDR) which is a useful therapy for resolving traumas. Genna identifies herself as an ally to LGBTIQ+ people and a considerable number of her clients are gay, lesbian, HIV positive and/or trans people.

**AREAS OF FOCUS**

Trauma, Chronic Pain, Sexual Assault, Domestic Violence, Loss & Grief, ACT, EMDR, IPT

**CONTACT**

0422 108 746

**GENDER AFFIRMING CARE SUPPORT LETTER**

Yes

### **Dr Isabelle Bauer (she/her)**

#### **Clinical Neuropsychologist & Psychologist – Canberra (Turner/Deakin)**

Dr Bauer is a passionate psychologist, clinical neuropsychologist, researcher, and an AHPRA Board-approved Supervisor. She has been involved in Neuroscience and Nutrition (PhD) and Psychiatry of Bipolar Disorder (Post-Doctorate) both as a provider of support services, educator, and clinical researcher. She enjoys working with adolescents and adults across the lifespan to help them navigate issues such as anxiety, depression, bipolar disorder, neurological conditions, pain, loss, ageing, and chronic illness. She enjoys working with LGBTQ+ clients and welcomes clients from all cultural, linguistic, and ethnic backgrounds. Her therapeutic approach includes aspects of cognitive behavioural therapy (CBT), acceptance and mindfulness (ACT), and dialectical behavioural therapy (DBT), while drawing from methodologies that are cognitive and motivational and commitment oriented. She is particularly interested in using aspects of neuroscience and neurobiology to aid therapy.

#### **AREAS OF FOCUS**

ADHD, Anger Management, Bipolar, AOD, ACT, DBT, Narrative Therapy, Schema Therapy, EMDR

#### **CONTACT**

[isabelle@drbauerpsych.com.au](mailto:isabelle@drbauerpsych.com.au) / 0478 778 025 / [www.lanternpsychology.com.au](http://www.lanternpsychology.com.au) / [www.drbauerpsych.com.au](http://www.drbauerpsych.com.au)

### **Jacqueline Gibb (she/her)**

#### **Counsellor – Canberra / Mobile**

Jacqueline has a special interest in working with those that are Autistic/ADHD, including couples where only one partner is neurodivergent. The counselling style is person-centred and integrative, meaning a combination of a bunch of different theories providing a completely tailored counselling service to clients and their very specific needs. Jacqueline works from a trauma-informed perspective, which is based on safety, trustworthiness, choice, collaboration, empowerment and a respect for diversity.

#### **AREAS OF FOCUS**

Anxiety, Depression, Neurodivergence, Trauma-Informed, Holistic Practice, NDIS Participants, Group

#### **CONTACT**

[jacque.gibb@gmail.com](mailto:jacque.gibb@gmail.com) / 04 3438 9514 / [canberramobilecounselling.com.au](http://canberramobilecounselling.com.au)

### **Jess Vander Hoeven (she/her)**

#### **Psychologist – Canberra (Isaacs) / Telehealth**

Jess is an openly neurodivergent psychologist, who enjoys working with adults and adolescents (14yo+) on a wide range of issues. Jess has found that she particularly enjoys working with neurodiverse people on the various challenges that come with being neurodivergent.

Jessica has a varied background and has been privileged to work with a diverse range of people in both her professional and personal lives, creating a natural curiosity and understanding of how each individual can share experiences, but perceive them in different ways. Jessica has a passion for holistic treatment pathways and helping people to understand the WHY and the HOW of their own mental health experience, and appreciates being able to walk with people on their journey toward flourishing mental health.

Her practice is designed to be neuro-affirming, trauma-informed and person-centred. Regardless of the therapeutic modality, Jessica believes that acceptance, empathy and building a safe therapeutic space are crucial to creating progress. Each treatment plan is tailored to the individual and focuses on providing a safe,

supported space to explore experiences and reactions, values and meaning to not just survive, but to flourish and thrive in a life you truly enjoy.

When Jess isn't at work, she enjoys spending time outdoors in the garden and walking or playing with her 2 dogs, engaging in a favourite special interest of playing Age of Empires or Assassin's Creed, or with her nose buried in a book.

#### AREAS OF FOCUS

Anxiety, Depression, Neurodivergence, Trauma-Informed, Holistic Practice, NDIS Participants, Teens (14+), DBT, ACT

#### CONTACT

[admin@evopsychology.com.au](mailto:admin@evopsychology.com.au) / 02 6106 9602 / [evopsychology.com.au](http://evopsychology.com.au)

#### GENDER AFFIRMING CARE SUPPORT LETTER

No

#### **Judy Frith (she/her)**

##### **Clinical Psychologist – Canberra (O'Connor)**

Judy Frith is an Australian-based health professional. Judy is trained as a Clinical Psychologist and has a practice located in O'Connor. She can provide psychological therapy and assessment and treatment for depression, anxiety, trauma, adjustment, infertility/IVF counselling, donor implications counselling, and gender affirming psychological care.

Consultation is by appointment. Fees apply. Low Income Fees available. Bulk Billing available if under significant financial stress or in receipt of a concession card. Judy is available on Mon, Tue, Thurs, Fri and some Saturdays.

#### AREAS OF FOCUS

Trauma, Adjustment, Fertility Counselling, Gender-Affirming Care

#### CONTACT

[judyfrith.clinpsych@gmail.com](mailto:judyfrith.clinpsych@gmail.com) / 0418 998 399

#### GENDER AFFIRMING CARE SUPPORT LETTER

Yes

#### **Karen Webber (she/her)**

##### **Registered Psychologist – Canberra (Isaacs) / Telehealth**

Karen works with adult (18 years old and over) clients, she believes that therapy should be empowering and helps support clients to make achievable and meaningful changes to benefit their mental health. She works with clients to understand how difficulties arose and what keeps them going. She collaborates with clients on an individualised plan that draws on existing skills and coping strategies and adds new skills and approaches. Karen is a warm and friendly psychologist who welcomes clients to bring their whole selves to therapy: quirks, kinks, special interests, and weird hobbies included.

Karen has a particular interest in helping those who identify as LGBTQIA+ and/or who are neurodivergent. She works with a range of presentations including anxiety, depression, borderline personality disorder, low self-esteem, work stress, autism, and ADHD.

#### AREAS OF FOCUS

Autism, OCD, BPD, ADHD, LGBTQIA+, Self-esteem, EMDR, DBT, ACT

#### CONTACT

[admin@evopsychology.com.au](mailto:admin@evopsychology.com.au) / 02 6106 9602 / [evopsychology.com.au](http://evopsychology.com.au)

## GENDER AFFIRMING CARE SUPPORT LETTER

Yes

### **Keira-Marie Allen (she/her)**

#### **Principal Psychologist – Canberra (Isaacs) / Telehealth**

Keira enjoys working with adult (18 years old and over) clients, both individually and in couples. She has a particular interest in working with diverse people – those who are neurodivergent (including Autistic clients, AuDHDers, and ADHDers), those who are part of the LGBTQIA+ community, are gifted, and/or those who are in/interested in alternate relationship structures. Keira has experience, interest, and training in working with people who have experienced trauma.

In her clinical work, Keira is passionate about guiding and supporting clients to uncover what may be driving unhelpful behaviours, learn strategies to approach situations differently and facilitate personal growth through treatment. In her work, she develops and implements tailored treatment plans to assist individuals who are experiencing a range of mental health issues. She strongly believes that clients should be encouraged to take an active role in their treatment, recovery, and ongoing management of their health.

#### **AREAS OF FOCUS**

Neurodivergence (ADHD, Autism), Trauma, Relationship Diversity, Gottman Couples, Sex and intimacy difficulties, BPD, Schema Therapy, EMDR, DBT

#### **CONTACT**

[admin@evopsychology.com.au](mailto:admin@evopsychology.com.au) / 02 6106 9602 / [evopsychology.com.au](http://evopsychology.com.au)

## GENDER AFFIRMING CARE SUPPORT LETTER

Yes

### **Linda Leard (she/her)**

#### **Psychologist – Canberra (City)**

Linda's passion for human rights and social justice motivated her to study psychology and philosophy as a mature age student. Her studies were enhanced by previous careers including parenting and public service, and time spent living in a Buddhist community. She has a good understanding of critical theory.

Linda's practise is queer friendly, sex positive, person centred, strengths focused and trauma informed. She practises with compassion, respect and unconditional positive regard while drawing from a range of modalities, including (but not limited to); cognitive behaviour therapy, acceptance and commitment therapy, schema therapy, motivational interviewing and solution focused. As a psychologist she works with most presentations including (but not limited to); mood disorders, substance use, perinatal, grief, stress, ADHD, adjustment, OCD, motivation and mindfulness and, primarily with adults.

Linda also enjoys relationship counselling, couples and poly and has Gottman's method (level 1 & 2) and Tammy Nelson's integrative sex and couples training. Linda has availability Saturday & Sunday for intensive (full day) relationship counselling. Linda works with primarily with adults.

Linda is a warm, friendly, authentic and grounded practitioner who loves her work. She enjoys working with people, workplaces and communities to overcome difficulties and injustices and strive towards their best lives.

#### **AREAS OF FOCUS**

Mood Disorders, Trauma, ADHD, Couples Therapy, Poly Relationships, Grief, Substance Use, Bipolar, OCD, Perinatal, Pregnancy, AOD

#### **CONTACT**

[Lindaspsychology@gmail.com](mailto:Lindaspsychology@gmail.com) / 0423 385 505

**GENDER AFFIRMING CARE SUPPORT LETTER**

No

**Lisa Grant (she/her)**

**Mental Health Social Worker - Canberra (Deakin)**

Lisa is an Accredited Mental Health Social Worker who has worked in the community sector for over 27 years and provides counselling for adults and young people, individuals, and couples in: relationships and well-being; sex therapy, pleasure, function, and functional difficulties; sex and gender diversity exploration, affirmation, and support; recovery from abuse and trauma; management of sexually problematic behaviours; management of anxiety, depression, and grief and loss. Lisa works within a person-centred strength based, LGBTIQ+ friendly framework.

**AREAS OF FOCUS**

Trauma, Sex Therapy, Gender & Sexuality Exploration, Problematic Sexual Behaviour, Relationships, Young People, Abuse & Trauma

**CONTACT**

[lisag.ccr@gmail.com](mailto:lisag.ccr@gmail.com) / 0422 224 872

**Lisa O'Connor (she/they)**

**Psychologist – Canberra (City) / Telehealth**

Lisa has completed postgraduate studies in both Australia and the UK including an MSc in Organisational Psychology and a Postgraduate Diploma in Psychology in Gender and Sexual Diversities. Lisa has worked for nine years as a crisis counsellor and for the past seven years in both private practice as well as the corporate and rehabilitation sectors to provide evidence-based psychological treatment, medico-legal assessments, EAP counselling and psychological services across the public and private sectors. Lisa's clinical experience and interest is focused in the following areas: Organizational Support, Single Incident, and Complex Trauma, Anxiety, Depression and Grief, Relationship Counselling, Diverse Gender and Sexuality, Minority Stress, Pain Management, Workplace Injuries, Bullying, and Harassment Issues.

Lisa draws from a range of skills that include a Neuroscientific, Humanistic, and Behaviourist Approaches. These include Mindfulness-Based Stress Reduction (MBSR), Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), EMDR, Prolonged Exposure Therapy, and other culturally safe trauma-informed, and sex-positive evidence-based methods to inform her therapeutic style.

**AREAS OF FOCUS**

Complex Trauma, Workplace Injury, Pain Management, Anxiety, Grief, Relationship Counselling, Minority Stress, Gender & Sexuality Diversity, Bullying & Harassment

**CONTACT**

[psychstudio1@gmail.com](mailto:psychstudio1@gmail.com) / 0402 249 404

**GENDER AFFIRMING CARE SUPPORT LETTER**

Yes

**Dr Llewellyn Lewis (he/him)**

**Consultant Psychiatrist – Canberra (Belconnen)**

Dr Llew Lewis is a gender and queer-affirming psychiatrist with over twenty-seven years of experience

working across public mental health systems in the UK, South Africa, and Australia. He is the Medical Director at Rainbow Mandala.

Dr Lewis has a strong interest in adult ADHD, particularly in women and its links to reproductive health, as well as bipolar disorder, gender dysphoria, and treatments for PTSD and complex trauma. His practice is grounded in evidence-based care, with a strong focus on ethical and regulatory treatment delivery.

#### AREAS OF FOCUS

Adult AuDHD, Bipolar Disorder, PTSD & C-PTSD, Gender Dysphoria, Complex Mental Health, Psychosis

#### CONTACT

[contact@rainbow-mandala.com](mailto:contact@rainbow-mandala.com) / 0435 961 111 / rainbow-mandala.com

#### **Megan Hansford (she/her)**

##### **Clinical Psychologist – Canberra (Garran) / Telehealth**

Megan is a friendly and compassionate registered psychologist, she is also a senior social worker who has experience working with children, youth and their families. She has worked with the Child and Adolescent Mental Health team through the public health system and the Education Directorate, as well as in the community sector.

Megan particularly enjoys working with neurodivergent children and adolescents as well as those experiencing anxiety disorders and obsessive compulsive disorder (OCD). She has a specific interest in undertaking cognitive and educational assessments and endeavours for clients (and carers) to feel empowered with additional understanding of themselves and the conclusion of the assessment process. When working therapeutically, she aims build a strong therapeutic relationship and support the client, non-judgementally, where they are in their journey. Megan works holistically to include parents and carers and other key figures in the young person's life, in the interventions, where appropriate.

Megan applies evidence based therapeutic interventions and has training in Cognitive Behaviour Therapy (CBT), Trauma-Focused CBT for Children and Caregivers, Acceptance and Commitment Therapy (ACT), Schema Therapy. She has also undertaken additional training in grief and loss, OCD, and treatment specific for neurodivergent clients.

#### AREAS OF FOCUS

Neurodivergence, School Refusal, Emotional Regulation, Trauma, Cross-Cultural Practice, Children

#### CONTACT

[new@capitalpsychologyclinic.com](mailto:new@capitalpsychologyclinic.com) / 02 6156 4780 / capitalpsychologyclinic.com.au/our-team

#### **Dr Meredith Whiting (she/her)**

##### **Consultant Psychiatrist – Canberra (Deakin)**

Dr Meredith Whiting is a consultant psychiatrist with a particular interest in working with survivors of trauma, including Complex PTSD, perinatal work and longer-term patient care. Dr Whiting undertook her psychiatry training in Canberra and Sydney. She was awarded the NSW Institute of Psychiatry Special Training Fellowship in 2005 where she undertook work in the Northern Sydney Sexual Assault Services and the Royal North Shore Hospital High-Risk Antenatal Service. She has since spent time in the ACT Public Mental Health Service, the not-for-profit sector and in private practice. She is the Jurisdictional representative on the Bi-National Royal Australian and New Zealand College of Psychiatry Family Violence Network Committee. She is committed to teaching and has ongoing commitments to psychiatrists in training and professionals in diverse disciplines. Dr Whiting is grateful for the privilege of working with people over longer periods of time with psychotherapeutic

and talking therapies particularly. This can sometimes result in limitations on her capacity to take on new patients.

#### AREAS OF FOCUS

Adult Psychiatry, Trauma, Long-term Care, Asylum Seekers & Refugees, Veterans

#### CONTACT

[clinic@thinkmh.com.au](mailto:clinic@thinkmh.com.au) / 02 6282 8266 / [thinkmh.com.au/team/dr-emma-adams](http://thinkmh.com.au/team/dr-emma-adams)

#### **Mick Andrews (he/him)**

##### **Counsellor – Canberra (Griffith) / Telehealth**

Mick is solution focused and champions all forms of personal development that inspire people to explore and uncover patterns they may not be aware of so that they become excited about their dreams, goals, relationships, and their future. Mick was a Scout Leader who supported many young people to tackle the daily struggle of being a teenager and is a veteran with his own lived experience with anxiety, depression, and PTSD. These experiences underpin his empathy and judgement-free service, along with his friendly, easy-go nature, which is calming and welcoming to clients. Mick runs a monthly men's group, focusing on relationships that provide members with a valuable, judgement-free support network.

Outside the session, Mick likes to socialise with friends, read, scrapbooking (or photo preservation), travel and walk his dog, Argo.

#### AREAS OF FOCUS

Men's Mental Health, PTSD, Peer Support, Loss & Grief, Spiritual Counselling

#### CONTACT

[mick@centralcounsellingservices.com.au](mailto:mick@centralcounsellingservices.com.au) / 04 4874 1219 / [centralcounsellingservices.com.au](http://centralcounsellingservices.com.au)

#### **Dr Mike Van Dijkhuizen (he/him)**

##### **Consultant Clinical Psychologist – Telehealth**

Dr Dijkhuizen is a registered clinical psychologist in Australia and the UK, offering therapy to adults via telehealth. He draws on Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and mindfulness-based approaches to support clients with issues such as trauma, addictions, OCD, shame, sexuality, and relationships. Dr Dijkhuizen has a long history working across HIV/AIDS services, sexual health, forensic psychology, and university counselling, and also provides professional supervision to other clinicians.

#### AREAS OF FOCUS

Relationship Counselling, Body Image, BPD, Addiction, Anger Problems, ACT

#### CONTACT

[mike@theskypeclinic.net](mailto:mike@theskypeclinic.net) / 0800 555 123 / [theskypeclinic.net/dr-mike](http://theskypeclinic.net/dr-mike)

#### **Mirabai Rose (she/her)**

##### **Counsellor/Psychotherapist - Canberra (Griffith) / Telehealth**

Mirabai is a registered Counsellor and Psychotherapist with PACFA (PACFA Reg. Clinical) and is passionate about working with the LGBTIQ+ community. Mirabai's approach includes holistic and transpersonal counselling, process-oriented psychology, inner dialogue, family constellations, mindfulness and breath-work. She works alongside you as you explore your inner and outer life. Her role is to help clients to become master of their own body, wellness, thoughts, and emotions. Mirabai provides a nourishing, creative and safe

environment for clients to explore, challenge themselves, access their inner healer, gain insight, and strengthen their inner resources and resilience.

#### AREAS OF FOCUS

Holistic Therapy, Mindfulness, Inner Dialogue, Breathwork, Resilience Building, Aboriginal People

#### CONTACT

[mirabai@risingvines.com](mailto:mirabai@risingvines.com) / [ravenrose.com.au](http://ravenrose.com.au)

#### **Phil Woods (he/him)**

##### **Social Worker – Canberra (Belconnen) / Telehealth**

Phil is a neurodiverse-affirming and queer-affirming Social Work Practitioner and Cognitive Behavioural Therapist with over sixteen years of clinical experience in adult mental health assessment and diagnosis. Phil is the Clinical Lead and Executive Director of Rainbow Mandala. Phil brings a holistic, trauma-informed approach to clinical assessments, with particular expertise in adult ADHD including assessment for stimulant medication and behavioural support.

Phil's specialist interests include ADHD in women, AuDHD, hormonal influences on ADHD (including perimenopause and menopause), male presentations of ADHD and depression, Rejection Sensitivity Dysphoria, gender dysphoria, and anxiety disorders. Phil completed his Master's dissertation on the underdiagnosis of ADHD in women and is passionate about improving outcomes for late-diagnosed individuals.

#### AREAS OF FOCUS

Adult ADHD, AuDHD, Gender Dysphoria, RSD, Men's Mental Health, Emotional Regulation, Anxiety

#### CONTACT

[contact@rainbow-mandala.com](mailto:contact@rainbow-mandala.com) / 0435 961 111 / [rainbow-mandala.com](http://rainbow-mandala.com)

#### **Rebecca Bennett (she/her)**

##### **Provisional Psychologist – Telehealth**

Rebecca is a disabled, neurodivergent, queer woman. She works with ADHD and Autistic adults + teens exploring their neurodivergent identity and working towards self-acceptance and self-compassion. Rebecca also loves working with other disabled people to help them navigate the able-bodied world; learn to navigate their neurodivergence, chronic illness, disability, trauma or mental health struggles.

#### AREAS OF FOCUS

Neurodivergence (ADHD, Autism), Disability Support, Chronic Illness, Self-Acceptance, Trauma, Teens (14+)

#### CONTACT

[admin@veryhelpfulchats.com.au](mailto:admin@veryhelpfulchats.com.au) / 02 7226 3543

#### **Richard Cordiner (he/him)**

##### **Counsellor – Canberra (Deakin) / Telehealth**

Richard is a queer-friendly, sex-positive counsellor who works in a broad range of areas including depression, stress, trauma, grief and loss, sexual and gender identity, and relationship difficulties. Richard walks beside his clients as they explore how to become the best version of themselves, whether that is through overcoming a problem, examining the past, or simply exploring who they are and what it means to be them. They are the expert on their life and Richard is there to help them explore it.

Richard has a background in academia, private industry, and the public service, before becoming a counsellor. Richard understands that people's lives rarely take them in the direction they were expecting and he is focussed on helping people survive and thrive through those course corrections.

#### AREAS OF FOCUS

Anxiety, Depression, Identity, Life Transitions, Trauma, Relationships, Sex-Positive, Kink Friendly, Loss & Grief

#### CONTACT

[enquiries@black-dove.org](mailto:enquiries@black-dove.org) / 0415 342 301 / [www.black-dove.org](http://www.black-dove.org)

#### **Rob Marchbank (he/him)**

##### **Counsellor – Canberra (Isaacs) / Telehealth**

Rob works with adult clients, he completed his Master of Counselling at the University of Canberra and is registered with the Australian Counselling Association. Rob has a particular interest in working with trauma, anxiety, depression, and neurodiverse clients. He also has a professional focus on men's mental health, an area he believes is underserved nationally.

As a counsellor Rob practises primarily from a Client Centred approach. He firmly believes in the agency, autonomy and self-actualising potential of his clients – that they are the experts on their own lives. Rob believes in a collaborative and empathetic approach, and in clients taking an active role in their own therapy. His approach is warm, open and non-judgemental.

#### AREAS OF FOCUS

Trauma, Men's Mental Health, Neurodivergence, NDIS Participants, BPD, EMDR, DBT

#### CONTACT

[admin@evopsychology.com.au](mailto:admin@evopsychology.com.au) / 02 6106 9602 / [evopsychology.com.au](http://evopsychology.com.au)

#### **Roni Ramirez Esquivel (they/he)**

##### **Counsellor – Canberra (Narrabundah)**

Roni is a counsellor and psychotherapist who is passionate about serving their local community, with special interests in LGBTIQ+ identities (sexuality and gender identity) and neurodivergent experiences. Roni is NB-trans and neurodivergent, these parts of their identity has seen them take new creative approaches to therapy and a deeper understanding of his practice.

Through their private practice, Affirming Journeys, they aim to tailor his therapeutic approach to best suit their clients' needs. Using a variety of therapeutic approaches such as CBT, person-centred, narrative, mindfulness, and Eco-psychotherapy. Roni is an ACA registered counsellor who always strives to provide a warm and inclusive environment for all clients.

#### AREAS OF FOCUS

Neurodivergence, Trauma, Bipolar, Chronic Illness, Suicidal Ideation, Eco-Psychotherapy, NDIS Participants

#### CONTACT

[roni.counselling@gmail.com](mailto:roni.counselling@gmail.com) / 0492 947 931 / [www.affirmingjourneys.au](http://www.affirmingjourneys.au)

#### **Saan Ecker (she/her)**

##### **Psychologist (Clinical Registrar) – NSW (Yass Valley) / Telehealth**

Saan is a registered psychologist working with people across age, gender and sexuality spectrums. Saan is also a psychotherapist and has over 15 years providing therapy. Saan has extensive experience working with LGBTIQ+ people and identifies as a lesbian. Saan works with a wide range of issues and her specialist therapy

areas include minority stress (dealing with social disadvantage and discrimination), organisational psychology (clinical supervision/support for work groups and individuals), gender diversity (gender identity, gender dysphoria and gender transition) and environmental psychology (personal impacts of environmental and climate crisis).

Saan has a PhD in human ecology and has had a long career in social science research including research on the impacts of LGBTIQ+ minority stress and the effects of animal assisted therapy, amongst other topics. Her therapeutic practice is informed by exploring systemic influences on individual mental health and supporting people to reach their potential. Saan offers therapies including Mindfulness techniques, CBT, Acceptance and Commitment Therapy and Interpersonal Therapy which are person-centred and trauma-informed.

Saan is also an ecologist and committed conservationist and combines eco-therapy in her practice model for those who value this.

#### AREAS OF FOCUS

Minority Stress, Gender Diversity, Trauma, Environmental Psychology, Mindfulness, Clinical Supervision, ACT

#### CONTACT

[interrelate@westnet.com.au](mailto:interrelate@westnet.com.au)

#### GENDER AFFIRMING CARE SUPPORT LETTERS

Yes

#### **Sally Bundy (she/her)**

##### **Gestalt Therapist – Canberra (Turner) & South Coast NSW / Telehealth**

Sally is a Gestalt Therapist Practitioner with 25 years experience in Community Mental Health/AOD that includes 18 years experience in Private Practice. Gestalt Therapy is a holistic, interpersonal approach to human change that explores existence & experience with experiment.

Sally's specialties include Relationship & Individual Counselling, Addiction, Diverse Alternative Relationships inclusive of LGBTIQ+ community. Sally enjoys working with dreams & experiment that enhance the client's awareness, freedom & self-direction.

#### AREAS OF FOCUS

Relationship Counselling, Addiction, Alternative Relationships, Gestalt Therapy

#### CONTACT

[sallybundy1@gmail.com](mailto:sallybundy1@gmail.com) / 04 1928 7713 / [ahamomentstherapy.com.au](http://ahamomentstherapy.com.au)

#### **Shaun Williams (he/him)**

##### **Counsellor – Melbourne / Telehealth**

Shaun is the founder of Bent Couch Men's & LGBTQ+ Counselling and brings over twenty years in healthcare, advocacy, writing, public speaking, and peer leadership. He supports queer men and fathers through life transitions, relationship dynamics, identity exploration, and trauma recovery using person-centred approaches, group work, and psychoeducation.

#### AREAS OF FOCUS

LGBTQIA+ Identity, Men's Mental Health, Relationships, Life Transitions, Trauma

#### CONTACT

[shaun@bentcouch.com.au](mailto:shaun@bentcouch.com.au) / 0499 487 492 / [bentcouch.com.au](http://bentcouch.com.au)

### **Tara Bromham (she/her)**

#### **Creative Arts Therapist and Counsellor – Canberra (Weston Creek) / Telehealth**

Tara is an experienced creative art therapist and counsellor who loves working with the expressive and transformative power of art-making. In her private practice, Tara uses a trauma-informed approach. She is also informed by attachment theory and relational processes. Tara has found that combining these approaches with expressive art therapy processes creates a safe, gentle and connective way to experience therapy. This approach is suitable for a wide range of different clients of all ages and abilities.

Tara has worked in a variety of different mental health contexts with a diverse range of clients. She has extensive experience working with children, youth and families who have experienced trauma, using creative arts and child-led play therapy. She also has experience working in school settings, in a high care dementia residential facility, in family violence recovery, with neurodiverse children and adults, with adults and children with physical and psycho-social disabilities (NDIS participants), and with adults with mild, moderate and complex mental health diagnoses. Within these diverse contexts, Tara facilitated individual, group and family therapy sessions. Her specialisation at university was in community-building arts processes and she has enjoyed several opportunities to facilitate community art-making.

Tara has taken up on opportunities in her career to advocate for improved services for marginalised groups in organisations and is welcoming, accepting and celebrating of all kinds of diversity. As a member of the queer community, Tara strives to be a safe practitioner for all members of the LGBTQIA+ community.

#### **AREAS OF FOCUS**

Trauma, Disability, Neurodivergence, NDIS Participants, Creative Arts Therapy, Family & Child Therapy,

#### **CONTACT**

[canberraarttherapy@gmail.com](mailto:canberraarttherapy@gmail.com) / 0494 070 800 / [c-arthrapy.com.au](http://c-arthrapy.com.au)

### **Trish Walsh (she/her)**

#### **Counsellor and Supervisor – Canberra (Hughes) / Telehealth**

Trish is a PACFA registered counsellor, clinical supervisor, and mental health practitioner, providing counselling and psychotherapy, and psychological techniques. Trish has worked as a counsellor for more 30 years, 15 years in the community sector and, since 2002, in private practice. She specialises in working with people who present with multiple issues, and frequently with people for whom a single focus is not adequate to meet their needs. Trish seeks an understanding of each person in their individuality, collaborating with her clients to unpack their stories, to sort out what they want from the counselling process, then designing and implementing counselling and/or therapeutic processes for the client to achieve their desired outcomes. Trish works in a particularly inclusive way of all relevant aspects of clients' presentations and brings a versatility of approach through knowledge of and experience in many counselling issues and therapeutic techniques. Practices online and in-person, prefers in person.

#### **AREAS OF FOCUS**

Complex Presentations, Trauma, Life Transitions, Inclusive Practice, Supervision

#### **CONTACT**

[trishwalsh@iimetro.com.au](mailto:trishwalsh@iimetro.com.au) / 04 1125 7483 / [trishwalsh.com.au](http://trishwalsh.com.au)

## Vanessa Bowen (she/her)

### Counsellor – BALLARAT / TELEHEALTH

Vanessa has completed a Bachelor of Behavioural Science at Latrobe University and Diploma of Counselling at the Australian Institute of Professional Counsellors. She is registered with the Australian Counselling Association.

Vanessa is passionate about providing a safe and inclusive counselling experience for all of her clients. She has a special interest in working with members of the LGBTQIA+ community people in non-traditional relationships (including non-monogamy). She specialises in relationship counselling, stress and anxiety management, grief and loss counselling and LGBTQIA+ issues.

Vanessa uses an eclectic blend of therapeutic approaches to work with her clients. She most frequently draws upon principles of Acceptance and Commitment Therapy, Solution-Focused Therapy, Internal Family Systems Therapy, Cognitive Behavioural Therapy and Expressive Therapies. Vanessa works primarily from a client-centred approach with a focus on maintaining autonomy and promoting empowerment in her clients.

### AREAS OF FOCUS

Nontraditional relationship, Relationship Counselling, Loss & Grief, ACT, IFS

### CONTACT

[fairywrencounselling@gmail.com](mailto:fairywrencounselling@gmail.com) / 0477 163 513 / [fairywrencounselling.com](http://fairywrencounselling.com)