

Location	Name	Name and Contact	Introduction	Qualification	Special interest area
Bondi Junction	Karen Duncan	karen@lilypadcentre.com www.lilypadcentre.com 0425 381 680	I am an experienced psychologist based in Bondi Junction (and also offer telehealth), specialising in providing supportive therapy and supervision and support services to a range of allied health professionals. I understand the immense pressures and high workload that young medical professionals face, and I am dedicated to offering compassionate, evidence-based psychological support to help them manage stress, build resilience, and maintain their well-being. My approach is collaborative and empathetic, aiming to empower clients to thrive both personally and professionally while acknowledging the critical and demanding nature of their work in healthcare."	Psychologist	Trauma, anxiety, worker wellbeing, support and stress management
Bowral	Michelle Davey	contact@michellerdavey.com.au www.michellerdavey.com.au 0432 160 730		Clinical Psychologist	Anxiety, Mood difficulties, Stress Reduction, Addiction and Psycho Oncology
Brookvale	Elissa Shirvington	Elissa@btspychology.com.au www.btspychology.com.au 0434 289 898	Elissa has been a registered Psychologist for over 20 years with an interest in supporting individuals in high demand & high achieving roles. Elissa enjoys working with people not just to feel better in the short term but to learn, grow and live better in the future.	Psychologist	Workplace Stress, Burnout, Anxiety, Depression, Self-worth/self-esteem, Relationships Issues, Grief and Loss
Camden	Renata Wosik	info@rwpsychology.com.au www.rwpsychology.com.au 9707 3964		Clinical Psychologist	Life transitions
North Strathfield	Dr Bee Lim	info@mindhealthcollective.com www.mindhealthcollective.com 8026 0889	I support doctors and medical students at all stages, addressing burnout, moral injury, stress and trauma arising from critical incidents, sustained workplace pressure or earlier life experiences. Alongside standard appointments, I offer intensive sessions (i.e. extended 2–4-hour blocks or brief multi-day programs) for those seeking focused, time-bound treatment.	Clinical Psychologist	General mental health (depression and anxiety), stress and burnout, trauma, interpersonal and relationship issues.
Crows Nest	Jackie Burke	info@jbPandC.com www.jbPandC.com 9438 3985	Jackie Burke is an experienced psychologist with over 20 years of clinical practice, including working closely with doctors and medical students to support their mental health, resilience, and recovery from trauma and burnout.	Psychologist	We provide individual counselling and psychological therapy to individuals seeking change, growth, or recovery from: Trauma, Post-Traumatic Stress Disorder and Complex PTSD Depression Anxiety Trauma including experiences of abuse, assault, bullying and/or harassment Domestic Violence and sexual assault Relationship difficulties Vicarious trauma and burnout Chronic Pain Problematic Alcohol and/or drug usage Illness and pain Grief and loss
Drummoyne	Shahn Baker Soreki	info@drummoynepsychology.com.au www.drummoynepsychology.com.au 8322 6810		Clinical Psychologist	Treatment for a wide range of mental health issues. Further, I have a special interest in relationships and couples' therapy.

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Gordon	Valerie Ling	valerie@effectiveliving.com.au www.effectiveliving.com.au 1800 832 588	Ms Valerie Ling: has extensive experience in the burnout and workplace wellbeing space. She is EMDR trained, and is able to provide solutions focused support to acute work situations, as well as ongoing support for work situations involving trauma, moral injury and burnout. She has been a guest presenter at a variety of conferences for psychiatrists, medical students and medical doctors.	Clinical Psychologist	Burnout, Perfectionism, Performance anxiety, EMDR for trauma
Gordon	Jennifer Yen-Erh Chu	jenniferc@effectiveliving.com.au www.effectiveliving.com.au 1800 832 588	Jennifer is experienced in working with medical practitioners, with a deep understanding of the unique pressures and demands they face, and how these can affect their mental health, cultural values and overall life satisfaction.	Clinical Psychologist	Adjustment issues, particularly relating to cross-cultural issues or inter-generational issues. I also work with people with trauma. I speak Chinese Mandarin.
Gordon	Michelle Nortje	mnortje@effectiveliving.com.au www.effectiveliving.com.au 1800 832 588	Michelle is a compassionate, strengths-focused Clinical Psychologist who works from an integrative perspective, with a particular interest in supporting clients experiencing trauma and attachment-related challenges	Clinical Psychologist	Trauma, attachment difficulties, mood and anxiety disorders. I work from an integrative approach using techniques from CBT, Solution-Focused, psychodynamic and EMDR therapies
Gordon	Lauren Chee	lauren@effectiveliving.com.au www.effectiveliving.com.au 1800 832 588	I have experience in supporting medical professionals and students in navigating the pressures of their careers and handling other life challenges. My approach is trauma-informed and I draw on a variety of evidence-based approaches (EMDR, CBT, Schema Therapy, Psychodynamic Therapy) to provide tailored treatment to enhance wellbeing and support clients towards their goals.	Clinical Psychologist	Mood and anxiety disorders, trauma, perfectionism, burnout
Gordon	Monica Jacob	monica@effectiveliving.com.au www.effectiveliving.com.au 1800 832 588	I have experience and enjoy working with doctors and medical students to navigate the pressures of training and practice, and to support their wellbeing, resilience and sense of self beyond their professional roles.	Clinical Psychologist	Anxiety, adjustment challenges, perfectionism, grief, relationship difficulties
Gordon	Dr Rachel Guthrie	www.sadp.com.au 9134 5834 rguthrie.sadp@gmail.com gordonclinic.com.au 9418 4488	Dr Rachel Guthrie is a Clinical Psychologist with more than 25 years experience treating mood disorders, anxiety disorders, trauma-related disorders, OCD, insomnia, ADHD, and burnout using evidence-based treatment	Clinical Psychologist	Anxiety, mood disorders, trauma-related disorders, burnout & insomnia
Leichhardt	Sahra Behardien O'Doherty	mindscape.psychology@gmail.com www.mindscapepsychology.com.au 0435 438 462	Sahra provides a warm and encouraging safe space for people to be themselves, without fear of judgement, and where they can always find acceptance. Sahra works with anxiety and stress management, PTSD and complex or historical trauma, interpersonal and relationship difficulties, and self-esteem. She has a keen interest in working with LGBTQI+ folk, people in non-traditional relationships, and People of Colour and those from CALD backgrounds.	Psychologist	Grief and loss
Leichhardt	Siri Veseth	mindscape.psychology@gmail.com www.mindscapepsychology.com.au 0435 438 462		Psychologist	Trauma, personality disorders, emotional distress/dysregulation (anything that has to do with lack of emotional insight/regulation), relational stress/problems- anything that has to do with what happens between two or more people, and the unconscious/suppressed/unknown within the person.

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Manly	Rose Cumberland	admin@balancedclinicalpsychology.com.au 9976 6880	Rose is a warm and empathic clinical psychologist who likes to deliver tailored interventions for her clients' difficulties with a sense of humour (where appropriate). With now 2 decades of experience practising psychological therapy, she sees a broad range of presentations, including mood and anxiety disorders, trauma reactions, grief, workplace stress, and adjustment issues. She has a special interest in the psychological sequelae of perfectionism, and those facing adjustment to significant illness or injury. Rose has worked with many doctors over her career, is from a medical family and counts doctors amongst some of her closest friends, so is very much aware of the many challenges facing the profession and those humans serving within it.	Clinical Psychologist	Workplace challenges
Mona Vale	Patrick Rawstrone	Mona Vale Psychology 0411 081 680 patrick@monavalepsychology.com.au www.monavalepsychology.com.au	I am an experienced clinical psychologist and hold a Senior Lecturer adjunct position at UNSW (University of New South Wales). I was previously a Co-Director of the International Public Health Program in the School of Population Health, Faculty of Medicine, UNSW. As such, I have a good knowledge of population health, the health system, and the work of doctors. I have enjoyed working collaboratively with many doctors to help support them during their various challenges.	Clinical Psychologist	Problematic behaviors
Narrabri and Moree	Malinda Guest	malinda@boundlesspsychology.com www.boundlesspsychology.com 1300 796 428	I work with individuals across the lifespan, presenting with a range of mental health concerns. I am trained in CBT, EMDR, ACT, and Gottman. I have a strong passion for rural and remote mental health.	Clinical Psychologist	Our team works regularly with adolescents and adults, people from diverse cultural and language backgrounds, and LGBTQI clients.
Newcastle	Amir Salem	hello@mbicentre.com.au www.mbicentre.com.au (02) 4086 7141	Amir Salem is a Clinical Psychologist who works with doctors and other high-performing professionals who are experiencing burnout, sustained pressure, or the growing sense that their current way of working is no longer sustainable. His work focuses on identifying the underlying patterns and identity-driven pressures that often drive overextension, perfectionism, and cognitive overload, particularly in individuals who are used to maintaining performance even as strain builds. He supports individuals to develop clarity around these patterns and shift toward a more sustainable way of working and living. Alongside his clinical work, Amir works with teams and organisations to strengthen how workplaces understand and respond to burnout and performance pressure in high-demand environments	Clinical Psychologist	Burnout and sustained pressure in doctors and high-performing professionals, Identity-driven patterns underlying overextension, perfectionism, and performance pressure, Cognitive load, decision fatigue, and functioning in high-stakes environments, Emotional regulation and recovery in high-demand roles, Career, identity, and life transitions in professional populations, Workplace wellbeing and performance in high-reliability settings.
North Parramatta	Jo Gravina	clinicalpsychologyandmore@gmail.com www.clinicalpsychologyandmore.com.au 0468 331 191		Clinical Psychologist	Trauma, stress, anxiety, perfectionism, attachment, depressive and substance use disorders and burnout.
Orange	Renee Bazley	Renee Bazley enquiry@reeneebazley.com www.reeneebazley.com 0421 520 831	I have over ten years' experience working with adults in private practice. I have a particular interest in supporting the mental health and wellbeing of medical practitioners. I also hold a PhD in mental health promotion.	Clinical Psychologist	Burnout, anxiety, stress, depression, adjustment and life transitions, relationship and communication challenges, fertility and IVF-related concerns, and perinatal and postnatal mental health support for both men and women

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Parramatta	Dana Mitrovic	info@exclusivewellbeing.com.au www.exclusivewellbeing.com.au 9630 0451	As someone who has sat with many clinicians through quiet crises, I feel deeply connected to the inner world behind the 'white coat'. Working with medical practitioners feels like walking alongside people who are often seen as invincible but rarely given room to be human – and that, is a space I care deeply about.	Clinical Psychologist	Extensive experience and training in trauma (both acute, chronic and complex). I work with clients from a range of backgrounds and presentations in order to support them in understanding their beliefs about themselves, the world and how these interact with each other. We work to develop a range of safety and stabilization strategies prior to processing any stressors or traumas.
Parramatta	Dr Shilpa Madiwale	admin@mindbodypractice.com.au mindbodypractice.com.au 8091 7867	Dr Shilpa Madiwale has a strong interest in supporting the mental health of doctors and medical students, drawing on her experience in clinician wellbeing, burnout prevention, and reflective practice.	Clinical Psychologist	Special interest in eating disorders, family therapy & schema therapy.
Putney	Janice Liew	janice@beknownpsychology.com.au www.beknownpsychology.com.au 0493 965 666	Janice values creating a non-judgmental environment where people can feel safe to be known and understood, as a foundation of exploring change. She also values helping people to know and understand themselves, as well as the recurring themes that may be present in their lives, that are often related to past experiences. She has experience working with medical professionals across the entire career-span, and understands the unique challenges of working in the public health system, as well as the values that often underlie medicine as a career choice.	Clinical Psychologist	Trauma (including religious trauma), childhood trauma, family of origin issues. She is trained in a variety of modalities (e.g., CBT, DBT, schema therapy, EMDR) that she uses flexibly throughout treatment.
Randwick	Dr Veronica Vatiliotis	veronica@eastcarepsychology.com.au www.eastcarepsychology.com.au 0411 397 505	I have enjoyed working with doctors and medical students both as colleagues and clients, and have an understanding of the pressures and challenges of this profession.	Clinical Psychologist	Anxiety and depression
Rodd Point	Dr Ruth Elijah	ruthelijah525@gmail.com 0401 521 556 www.collaborativeclinicalpsychology.com		Clinical Psychologist	I work in all areas of adult mental health including depression, anxiety, obsessive compulsive disorder, trauma, suicidality, relationship issues, grief, stress and burnout, perfectionism.
St Leonard's	Jacinta Grima	Jacinta Grima contact@jacintagrama.com.au www.jacintagrama.com.au 9906 5319		Clinical Psychologist	Many, including but not limited to general adult, burnout, neurodiversity, women's health including the impact of hormones on health such as perimenopause/menopause, sleep/insomnia.
St Leonard's	Margie McCaskall	margie@headtotoepsychology.com.au www.headtotoepsychology.com.au 9049 5088		Clinical Psychologist	General anxiety, depression, work stress, but also have a special interest and expertise in somatic symptoms including functional Gut Disorders, Health Anxiety, OCD and relationship stress.
Summer Hill	Sally Hopwood	info@iwcp.net.au www.iwcp.net.au 0412 195 776	Sally has over 20 years of experience working with doctors and medical students supporting them through challenges directly related to their studies/profession, as well as treatment of broader mental health issues.	Clinical Psychologist	Trauma, Anxiety and Adjustment

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Sydney CBD	Dr Aileen Alegado	9158 6433 0405 159 733 aileen@mindsetpsychology.com.au		Clinical Psychologist	Burnout, peak performance psychology, schema therapy, OCD
Sydney CBD	Dr Cindy Nour	cindy@mindframepsychology.com.au www.mindframepsychology.com.au 9119 8777	I have worked with doctors and medical students over two decades. I have an interest in helping them with the many challenges and pressures they face. I think they do so much to help others and often at a great personal cost, and unfortunately their care can be often overlooked. And, that is why I have a great interest in supporting them in the best possible way using evidenced based approaches.	Clinical Psychologist	Anxiety - all types, esp. exam anxiety, panic, GAD, OCD. Depression Interpersonal issues
Sydney CBD	Maria Scoda	contact@mariascoda.com.au www.mariascoda.com.au 0404 062 177	I've supported a range of doctors working in cities and rural areas. It's important that doctors and medical students have a safe, non-judgmental space to talk openly about their issues and challenges.	Clinical Psychologist	Relationships, navigating careers, stress, work-life balance, anxiety, depression.
Sydney CBD & Crows Nest	Dr Emmanuella Noble	9232 2484 www.dremmanuellanoble.com.au admin@dremmanuellanoble.com.au	With more than 15 years' experience, I have worked with many individuals in the medical field, adopting a practical approach to supporting them in a crucial and challenging profession.	Clinical Psychologist	Mood disorders, PD, teens, adults, couples.
Sydney CBD	Dr Clare Manns	0414 397 079 www.drclaremanns.com.au clare@drclaremanns.com.au		Clinical Psychologist	Trauma; Self-esteem/Self-confidence
Westmead and Chatswood	Meredith Medway	info@bastenpsychology.com.au www.bastenpsychology.com.au 9891 1766	I have been working as a clinical psychologist for approximately nine years. For the last seven years, I have worked very close to Westmead hospital, and hence a significant portion of my clients have been doctors and other healthcare staff struggling with anxiety, depression, burnout, and other mental health issues. I think the level of responsibility, workload, and shift work often involved in practicing medicine present unique mental health challenges, and when high quality mental health care is provided, there is the potential for a positive impact not just on the individual doctor but also on all their patients. This has motivated me to work more in this area. I believe that to improve the mental health of doctors and medical students, it is important to both address the individual concerns, and to empower people to make changes to the systems within which they work.	Clinical Psychologist	Eating disorders, perfectionism, emotion regulation
Westmead and Chatswood	Elizabeth Stanton	info@bastenpsychology.com.au www.bastenpsychology.com.au 9891 1766		Clinical Psychologist	Health related concerns and Eating disorders
Zetland	Bryan Neo	www.psychology.org.au/find-a-psychologist/psychologist?profile=bryanneo psychology@bryanneo.com 0493 470 358 (calls only)		Clinical Psychologist	Evidence-based assessment and treatment for anxiety, stress, depression, interpersonal and relationship difficulties, perfectionism, adjusting to life stressors, and men's mental health, amongst other issues. LGBTQIA+ affirming. I have experience working with and seeing doctors at various stages of their career/training.

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Zetland	Eileen Seah	admin@eileenseah.com.au www.eileenseah.com.au 0405 138 859	I have extensive experience supporting doctors and medical students, particularly in addressing perfectionism, anxiety, stress, imposter syndrome, burnout, grief, and interpersonal challenges.	Clinical Psychologist	Anxiety, perfectionism, imposter syndrome, burnout, grief, and interpersonal issues, amongst other clinical and research interests. I also provide clinical supervision to psychologists who work with medical practitioners and students.
Western Australia Nationwide Tele Health	Renate Best	admin@renatebest.com www.renatebest.com	Clinical Psychologist with a background in midwifery and a particular interest in supporting doctors and medical students experiencing burnout, chronic stress, trauma and the unique pressures of medical work, through thoughtful, depth-oriented and discreet psychological care.	Clinical Psychologist	Burnout and chronic stress; emotional exhaustion and overwhelm; trauma; relationship and attachment difficulties; significant life transitions; perfectionism and over-responsibility; and psychological wellbeing in health and helping professionals. Renate also provides couples psychological therapy for partners experiencing relationship difficulties, recurring conflict or emotional disconnection, including where demanding professional roles or significant life transitions are affecting the relationship.