

Location	Name	Name and Contact	Introduction	Qualification	Special interest area
Bondi Junction	Karen Duncan	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	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 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	Renata Wosik info@rwpsychology.com.au WWW.rwpsychology.com.au 9707 3964		Clinical Psychologist	Life transitions
Concord	Dr Bee Lim	Dr Bee Lim info@mindhealthcollective.com www.mindhealthcollective.com 8026 0889		Clinical Psychologist	General mental health (depression and anxiety), stress and burnout, trauma, interpersonal and relationship issues.

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Crows Nest	Jackie Burke	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	<p>We provide individual counselling and psychological therapy to individuals seeking change, growth, or recovery from: Trauma, Post-Traumatic Stress Disorder and Complex PTSD</p> <p>Depression</p> <p>Anxiety</p> <p>Trauma including experiences of abuse, assault, bullying and/or harassment</p> <p>Domestic Violence and sexual assault</p> <p>Relationship difficulties</p> <p>Vicarious trauma and burnout</p> <p>Chronic Pain</p> <p>Problematic Alcohol and/or drug usage</p> <p>Illness and pain</p> <p>Grief and loss</p> <p>Workplace challenges</p> <p>Life transitions</p> <p>Problematic behaviors</p> <p>Our team works regularly with adolescents and adults, people from diverse cultural and</p>
Drummoyne	Shahn Baker Soreki	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.
Gordon	Valerie Ling	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	Dr Rachel Guthrie	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

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Leichhardt	Sahra Behardien O'Doherty	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
Manly	Rose Cumberland	Rose Cumberland admin@balanceclinicalpsychology.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

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Mona Vale	Patrick Rawstrone	Dr Patrick Rawstorne 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 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.
North Parramatta	Jo Gravina	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.
Parramatta	Dana Mitrovic	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	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.

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Randwick	Dr Veronica Vatiliotis	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	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, BSc Psych (Hons), M Clin Psych MACPA, MAPS, FCCLP, PBA Board Approved Supervisor	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.
Summer Hill	Sally Hopwood	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
Sydney CBD	Dr Aileen Alegado	Dr Aileen Alegado aileen@mindsetpsychology.com.au 9158 6433 0405 159 733		Clinical Psychologist	Burnout, peak performance psychology, schema therapy, OCD
Sydney CBD	Dr Cindy Nour	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

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Sydney CBD	Maria Scoda	Dr 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	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	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	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	Clinical Psychologist	Eating disorders, perfectionism, emotion regulation
Westmead and Chatswood	Elizabeth Stanton	Elizabeth Stanton info@bastenpsychology.com.au www.bastenpsychology.com.au 9891 1766		Clinical Psychologist	Health related concerns and Eating disorders

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Zetland	Bryan Neo	Byran Neo www.sonderclinicalpsychology.com.au 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.
Zetland	Eileen Seah	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.

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