

Services Provided from natashapsychology Clinic

Areas of Specialty:

(Key for provision of these services: C = Child, AD = Adolescent, A = Adult, OA = Older Adult)

- **Anxiety** (Adjustment Disorder, Social, GAD, Phobias, OCD, PTSD & Panic Disorder; C, AD, A & OA);
- **Depression** (Major Depression, Dysthymia, Psychotic & Atypical; C, AD, A & OA);
- **Personality Disorders** (Borderline Personality Disorder, Narcissistic Personality Disorder, Antisocial Personality Disorder; AD & A);
- **Mood Disorders** (e.g., Selective Mutism, Self-Mutilation, Self-Abuse, etc.; C, AD, A & OA)
- **Greif and Loss**, including Complex Greif (C, AD, A & OA)
- **Addictions** (including but not limited to Technology, Alcohol, Drugs, Sexual; C, AD, A & OA);
- **PTSD** (Situational, Transgenerational, Developmental; C, AD, A & OA);
- **Child Abuse** (especially for those within DOCS system or Foster care and also relating to adults and young people wanting to ratify childhood events, including sexual abuse; C, AD, A & OA);
- **Autism Spectrum Disorder** (ASD: Behavioural issues associated & diagnosis; C, AD, A & OA);
- **Attention Deficit Hyperactivity Disorder** (ADHD: C, A & OA);
- **Oppositional Defiant Disorder** (ODD; C & AD) & **Conduct Disorder** (CD; C & AD);
- **Behavioural & Learning Difficulties** (C & AD);
- **Pain Management** (C, AD, A & OA);
- **Complex Psychopathology** (including but not limited to BPAD, Schizophrenia, Borderline Personality Disorder, Dissociation; AD, A & OA); and
- **Cultural Adjustment, Cultural Shock, Aculturalisation Skills Development** (for International Students, Refugees & Immigrants; C, AD, A & OA).

Evidence Based Treatments (EBT) include:

	Child	Adolescent	Adult	Older Adult	Couple	Family	Minority Groups
Population Type & Definition	0-12 years	13-17 years	18-65 years	>66 years	Traditional, Multicultural, or Same sex	Traditional, Blended, or Same sex	LBGTIQA+, CALD & Refugees
Cognitive Behaviour Therapy (CBT)	✓	✓	✓	✓	✓	✓	✓
Emotional CBT (eCBT)	✓	✓	✓	✓	✓	✓	✓
Mindfulness CBT (mCBT)	✓	✓	✓	✓	✓	✓	✓
Psychodynamic Psychotherapy		✓	✓	✓	✓	✓	✓
Interpersonal Psychotherapy (IPT)		✓	✓	✓	✓	✓	✓
Solution Focused Therapy	✓	✓	✓	✓	✓	✓	✓
Dialectical Behaviour Therapy (DBT)		✓	✓	✓	✓	✓	✓
Motivational Therapy	✓	✓	✓	✓	✓	✓	✓
Transtheoretical Model (TTM)		✓	✓	✓	✓	✓	✓
Narrative Therapy	✓	✓	✓	✓	✓	✓	✓
Sand/Art/Play Therapy	✓						✓
Exposure Therapy	✓	✓	✓	✓	✓	✓	✓
Free Association Therapy	✓	✓	✓	✓	✓	✓	✓
Psychoeducation	✓	✓	✓	✓	✓	✓	✓
Systemic Family Therapy	✓	✓	✓	✓	✓	✓	✓
Couple Dynamic Therapy	✓	✓	✓	✓	✓	✓	✓
Goal Setting & Self Esteem Building	✓	✓	✓	✓	✓	✓	✓
Mindfulness/Relaxation Skills	✓	✓	✓	✓	✓	✓	✓
Meditation Skills		✓	✓	✓	✓	✓	✓
Parenting Skills		✓	✓	✓	✓	✓	✓
Positive Reinforcement	✓	✓	✓	✓	✓	✓	✓
Reflective & Active Listening	✓	✓	✓	✓	✓	✓	✓