

HOW TO CONNECT

Counselling gives you suggestions or advice. **Psychotherapy** uses specific techniques with the intention of possibly modifying how you view yourself, your world and your options so that you can figure out the direction to go in order to get what you want.

"We all do the best we can do until we are stronger, wiser, willing and ready to do better."

PS: Should you not feel in sync with one psychologist please shop around instead of thinking "therapy doesn't work". Like all relationships sometimes you just don't click with someone.

To make a good decision on the efficacy of a therapist work with them for least 3-5 sessions.

Please note that Registered Psychologists are bound by a **professional code of ethical behaviour** which limits confidentiality and are legally bound to disclose information reported to them regarding criminal behaviour.



WHO ARE THE EXPERTS? PRINCIPAL PSYCHOLOGISTS/DIRECTORS

MS NESLI KARADENIZ
Registered Psychologist
PS 0044477 MAPS

MS ROSE CANTALI
Registered Psychologist
PS 0054857 MAPS

TEAM OF EXPERTS INCLUDE:
Clinical Psychologists
Child & Adolescent Psychologist
Pediatrician
Speech Pathologist
Special Education Therapists



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TO LIFE



PSYCHMATTERS

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APPROACHES USED

Cognitive Behaviour Therapy
Reality Therapy
Dream Analysis
Hypnotherapy
EMDR
Mediation
Couple Counselling
Coaching
Play Therapy
Group Therapy

WE SPECIALISE IN:

Addictions, Drug, Alcohol, etc
Adolescent Behavioural Difficulties
Anxiety
Childhood Problems
Chronic Pain Management
Depression
Eating Disorders and Weight Loss
Educational Assessments
Life Coaching
Phobias
Professional Relationships
Relationship Issues
 Family
 Couples
 Child-Adult Relationships
 Child-Child Relationships
 Bullying and Harassment Issues
Self-esteem and Self-worth Issues
Stress Management
Trauma, Post Traumatic Stress Disorder
Supervision and Training

PsychMatters - Centre for Psychological Health - has been established in Concord to cater for the needs of the local community. The Centre operates 5 days a week, specialising in psychological services for children, adolescents and adults.

The Centre is staffed by experienced registered senior psychologists, who are also members of the Australian Psychological Society (APS), and experienced intern psychologists under conditional registration with the NSW Psychologists Registration Board.

Under the new **Medicare** guidelines we are **approved providers** of psychological services. This option will need the appropriate referral form from your doctor, please ring for more information on this option. We are also registered with many **health funds**.

For details on how to make an appointment, and for information regarding our services, please call us (*ph: 9736 2721*) or follow the links on our web site www.psychmatters.com.au.

We look forward to being able to help.

