

# Mid North Coast Division of General Practice

Better Access Initiative

## Mid North Coast Mental Health Practitioners' Directory



Issue 14 – September 2011



# GRAFTON SUBDIVISION

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## Judi Bray-Ferguson

137 Alice Street  
Grafton NSW 2460

Telephone: 02 6643 3409  
Facsimile: 02 6643 5767

**Areas of specialisation:** Individual: Grief, loss, life transition, depression, anxiety, drug & alcohol.  
**Delivers GP Psychology Service in Grafton 2 days per week (no cost) and 2 days per week private practice – Medicare Provider.**

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## Dr George Burkitt

(Special Interest General Practitioner -  
practicing psychological medicine only)

137 Alice Street  
Grafton NSW 2460

Mobile: 0429 335 907  
Email: [gburkitt@bordnet.com.au](mailto:gburkitt@bordnet.com.au)  
Website: [www.georgeburkitt.com.au](http://www.georgeburkitt.com.au)

**Areas of specialisation:** Counselling and psychotherapy for men, teenage boys and their families. Common presenting issues include: Depression, anxiety and stress; Relationship difficulties or breakdown; Parenting issues (especially teenage boys, blended families); Emotional and sexual abuse; Psychosexual problems, confusion about sexual orientation; Anger and domestic violence; Poor self-esteem and lack of confidence. Mental Health care plan and/or written referral welcome but not essential. Psychotropic medication and all physical health issues referred to the patient's own regular GP.

**Note:** Potential patients should call Dr Burkitt and speak with him personally to make an appointment. Ideally patients will be referred by their GP but patients can be seen without referral and still claim a Medicare rebate.

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## Gai Bynon MAPS

Wellbeing Centre,  
93 Fitzroy Street, Grafton NSW 2460

Mobile: 0428 282 744  
Facsimile: 02 6628 2740  
[g.jbynon@bigpond.net.au](mailto:g.jbynon@bigpond.net.au)

**Areas of specialisation:** depression, anxiety, mood disorders, anger management, stress management, pain management, trauma, PTSD, self esteem and confidence issues, loss and grief, mediation, adjustment to injury including WorkCover assessments and counselling. Delivers psychological services in the Grafton/Maclean areas. Registered with Medicare, EAP and Workers Compensation.

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## Chris Collyer

Please contact Ms Collyer  
first before making referral  
under Better Access.

Suite 7, 39 Prince Street  
Grafton NSW 2460

Telephone: 02 6643 1772  
Facsimile: 02 6643 1772  
[chriscollyer@bigpond.com](mailto:chriscollyer@bigpond.com)

**Areas of specialisation:** Registered with Medicare and WorkCover. Adults, children & families, Assessment, counselling and management of mood disorders and behavioural problems. Cognitive assessments. Child focused mediation for separated parents.

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## Julie Curnow

Grafton Wellbeing Centre (Fridays)  
93 Fitzroy Street  
Grafton NSW 2460

Telephone: 02 6651 4093  
Facsimile: 02 6650 0777  
[jcurnowl@bigpond.com](mailto:jcurnowl@bigpond.com)

**Areas of specialisation:** Problem Gambling and Co-morbid presentations together with underlying issues.

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## Catherine Eastwood

Axis Counselling  
137 Alice Street  
Grafton NSW 2460

**All Correspondence:** PO Box 527, Coffs Harbour NSW 2450

Telephone: 02 6650 9042  
Facsimile: 02 6652 5044  
[Catherine@axiscounselling.com.au](mailto:Catherine@axiscounselling.com.au)

**Areas of specialisation:** Treatment: General Psychopathology including anxiety, depression, stress and trauma. Stress management and relaxation techniques. Dealing with issues particular to women. Assertiveness. Assessment and Reports: WorkCover, Court Reports. Populations of Interest: Adolescent to elderly, especially women and Indigenous people. Accreditation: Medicare, WorkCover, Employee Assistant Programs (EAP) and Carers

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## Bob Ferguson

(Social Worker)

137 Alice Street  
Grafton NSW 2460

Telephone: 02 6653 8603  
Mobile: 0408 194 812  
[brayferg65@hotmail.com](mailto:brayferg65@hotmail.com)

**Areas of specialisation:** Family, marriage and relationship counselling, individual counselling and psychotherapy. Trauma, using E.M.D.R (Eye Movement Desensitisation and Reprocessing), Medicare recognised counsellor for anxiety and depression.

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## Peter Jenkins

c/- Grafton Community Centre  
59 Duke Street Grafton NSW 2460

Telephone: 0408 811 955  
Facsimile: 02 6642 1110  
[ceas2000@hotmail.com](mailto:ceas2000@hotmail.com)

**Areas of specialisation:** Over 30 years clinical experience working with children, adolescents and adults. Preferred modalities include Cognitive Behaviour Therapy (CBT), Interpersonal Psycho-Therapy (IPT) and Brief Solution-Focussed Therapy. Scope includes generalist, educational psychology, victims of crime, trauma, stress, depression, personal injury support, chronic pain management, workers compensation and motor accident claims. Consultant to Enough is Enough Anti-Violence Movement Inc. and provider of the Black Dog Institute Depression and Bipolar Mood Assessment Program (MAP) in Grafton. Accredited Triple-P Positive Parenting Program Practitioner. Australian Psychological Society accredited Autism Spectrum Disorder Specialist and Medicare approved for Autism/Aspergers assessment and treatment service items. Also provider of neuropsychological assessments of learning difficulties and cognitive deficits associated with Attention Deficit Disorder and Asperger's Syndrome, other mental health conditions and head injuries

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## Jodie Johnson

Mental Health Social Worker -  
Registered Art & Play Clinician.

Yamba Counselling Centre  
28b Yamba Street, Yamba NSW 2464  
PO Box 629, Yamba NSW 2464

Telephone: 02 6646 8842  
Facsimile: 02 6646 8848  
Mobile: 0408 663 551  
[anderzen@ceinternet.com.au](mailto:anderzen@ceinternet.com.au)

**Areas of specialisation:** Children's counselling (5-12 years), Art & Play Therapy, Child Centred Play Therapy, Directive Play Therapy. Focus on Children, Families, Adolescents, generalist counselling. Provide counselling for: Depression, Anxiety, Mental Health Issues, Trauma/PTSD, Childhood related issues, Grief & Loss, Anger Management, Stress Management/Relaxation, families, parenting issues, relationships, groupwork. Bulk Billing available.

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## Alex Krantz

Axis Counselling  
137 Alice Street  
Grafton NSW 2460

**All Correspondence:** PO Box 527, Coffs Harbour NSW 2450

Telephone: 02 6650 9042  
Facsimile: 02 6652 5044  
[alexkrantz@axiscounselling.com.au](mailto:alexkrantz@axiscounselling.com.au)

**Areas of specialisation:** Treatment: Trauma, Drug & Alcohol, General Psychopathology. Assessment and Reports: WorkCover, Court Reports, Probation & Parole. Populations of Interest: Adolescent to elderly. Accreditation: Medicare, WorkCover, Employee Assistance Programs (EAP) and Carers

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## Kathleen Lindsay

Positive Outlook Psychological Services  
Grafton Wellbeing Centre  
93 Fitzroy Street  
Grafton NSW 2460

**All Correspondence**

PO Box 2079  
Coffs Harbour NSW 2450

Mobile: 0418 247 073  
Telephone: 02 6652 2193  
Facsimile: 02 6699 2011

[kathlindsay@positiveoutlook.com.au](mailto:kathlindsay@positiveoutlook.com.au)  
[www.positiveoutlook.com.au](http://www.positiveoutlook.com.au)

**Areas of specialisation:** Depression, Anxiety & Stress Management, Suicide Related Issues, Weight Loss, Self-esteem & Confidence, Assertive Communication, Mental Health Conditions, Grief & Loss, Functional Assessment & Behavioural Support for Adults & Children with Behavioural Problems &/or Disabilities.

**Approved Provider:** Medicare, WorkCover, DVA, VVCS (Veterans & Veterans Families Counselling Service), Carers NSW, PANDA (Post & Antenatal Depression Association).

**Population groups:** Adults, Adolescents & Children, Aged, Indigenous, Adults & Children with Physical &/or Intellectual Disabilities, Carers, Veterans (VVCS).

**Therapeutic modalities:** Cognitive Behaviour Therapy (CBT), Mindfulness, Narrative and Solution-Focussed Therapies, Motivational Interviewing.

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## Dr Stuart Mann

(Clinical Psychologist)

Axis Counselling  
137 Alice Street  
Grafton NSW 2460

**All Correspondence:** PO Box 527, Coffs Harbour NSW 2450

Telephone: 02 6650 9042  
Facsimile: 02 6652 5044  
[stuart@axiscounselling.com.au](mailto:stuart@axiscounselling.com.au)

**Areas of specialisation:** Treatment: Focus on PTSD/trauma (victims of crime, war veterans/peace-keepers, personal injury), chronic mental illness and general psychopathology. Assessment and Reports: WorkCover, Forensic (Victims compensation, Court reports) and Competency. Populations of Interest: Adolescents, adults (including elderly) and Indigenous. Accreditation: DVA, Medicare, Victims of Crime, Carers and Employee Assistance Programs (EAP).

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## Richard Miller

Shop 6, The Emporium  
31 Skinner Street  
South Grafton NSW 2460

Telephone: 02 6644 9377  
Facsimile: 02 6644 9377  
Mobile: 0437 004 010  
[richardmiller@ozemail.com.au](mailto:richardmiller@ozemail.com.au)

**Areas of specialisation:** General counselling for adolescents and adults. Youth and family issues. Assessment and treatment of substance abuse disorders. Forensic psychology, trauma counselling, stress and anger management, workplace issues, crisis intervention, mood and personality disorders.

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**Dr Sally Thomason**

Clinical Psychologist

Jacaranda Psychological Services  
178 Pound St  
Grafton NSW 2460Telephone: 02 6643 4242  
[sally.thomason@bigpond.com](mailto:sally.thomason@bigpond.com)

**Areas of specialisation:** Depression, anxiety, trauma, suicide, emotionally abusive relationships, rehabilitation, pain management, work place bullying. Registered as a provider for Medicare and WorkCover.

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**Cheryl Walsh**North Coast Psychology  
28 Safety Beach Drive  
Safety Beach NSW 2456Telephone: 02 6654 1352  
Facsimile: 02 6654 9257  
[cawalsh1@tpg.com.au](mailto:cawalsh1@tpg.com.au)

**Areas of specialisation:** Psychological services for children, adolescents and adults. Individual, couple and family therapy. VVCS accredited.

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# COFFS HARBOUR SUBDIVISION

**Allan G. Anderson**  
(Consulting Clinical Psychologist)

About You Psychology  
122 West High Street  
Coffs Harbour NSW 2450

Telephone: 02 6651 5710  
Facsimile: 02 6562 7228  
Mobile: 0419 860 491  
[allanganderson@bigpond.com](mailto:allanganderson@bigpond.com)

**Areas of specialisation:** Work Cover Claims, Personal Injury Claims. Motor Vehicle Accident, Psychology of Ageing, Drug and Alcohol, Relationship Counselling, Depression, Anxiety, Grief Counselling. Mediation, Family and Personal Issues.

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**Judi Bray-Ferguson**

553 Upper Orara Road,  
Upper Orara NSW 2450

Telephone: 02 6653 8603

**Areas of specialisation:** Individual: Grief, loss, life transition stages, depression, anxiety, drug & alcohol

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**Lisa Brown**

Registered Psychologist and  
Mindfulness Based Stress Reduction Teacher

Mindfulness, Psychology and Wellbeing  
Suite 5, 1 Duke Street,  
Coffs Harbour NSW 2450

PO Box 128  
Bellingen NSW 2454

Facsimile: 02 6652 8821  
Mobile: 0400 491 477

[lisa@mindful-wellbeing.com](mailto:lisa@mindful-wellbeing.com)  
<http://mindfulnesspsychologywellbeing.com>

**Areas of specialisation:** Depression, anxiety, trauma, chronic pain, chronic illness, eating disorders, Mindfulness-Based Stress Reduction (MBSR) Groups. Children, adolescents, adults and families. Registered with Medicare, Victims Services, Workers' Compensation and EAP providers.

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**Sandra Canney**

Canney Psychological Services  
122 West High Street,  
Coffs Harbour NSW 2450

Telephone: 0415 937 504  
Facsimile: 02 6653 7646  
Email: [sandracanney@hotmail.com](mailto:sandracanney@hotmail.com)

**Areas of specialisation:** Psychological Assessments. Counselling for depression, anxiety, stress, trauma, grief/loss, phobias and adjustment issues. Mediation and conflict resolution. Self-Esteem/confidence building.

**Areas of interest:** Adolescents and children. Marriage and relationship counselling. **Techniques:** Use of Motivational Interviewing (MI) for substance use/addiction issues. Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) for depression, anxiety, anger and stress issues. Psycho-education for mental health issues including personality disorders.

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**Celia Coates**

122 West High Street  
Coffs Harbour NSW 2450

Mobile: 0413 398 005  
[celiaic@aussiebroadband.com.au](mailto:celiaic@aussiebroadband.com.au)

**Areas of Specialisation:** Depression, anxiety, stress, child and adolescent behavioural and emotional difficulties, parenting, relationships, trauma, abuse, anger, substance abuse, grief, loss, pain and adjustment issues.

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**Ann Crane**

(Occupational Therapist)

PO Box 4101  
Coffs Harbour Jetty Post Office  
Coffs Harbour NSW 2450

Telephone: 02 6653 7620  
Telephone: 02 6652 8080 (Early Childhood Intervention)  
Facsimile: 02 6653 7032  
Mobile: 0409 090 014  
[cranes1@bigpond.net.au](mailto:cranes1@bigpond.net.au)

**Areas of specialisation:** Specialist Paediatric Occupational Therapist- Aspergers/ Autism/ ADHD/ Learning Difficulties. Certified Therapeutic Listening Therapist. The use of specific Functional OT Assessments, Workplace Assessment, Strategies to assist stress reduction, Skills Training (including Stress Management, Goal Setting and Problem Solving) up skilling parents to manage and understand the issues affecting their children's outcomes. Techniques used are focused psychological and sensory strategies that are utilised in OT treatment and are proven to facilitate and maintain the individuals' independence and wellbeing. Assessment and Treatment is time limited and solution focused. Areas of special interest are children and adults with sensory sensitivities which impact upon behaviour, learning and social skills. This may be presenting as anxiety, task avoidance, food phobias, school refusal or social withdrawal.

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**Sara Croft**

(Clinical Psychologist)

Suite 6, 60-62 Albany Street  
Coffs Harbour NSW 2450

Telephone: 02 6651 7717  
Facsimile: 02 6651 7737  
Mobile: 0422 299 095  
[saracroft@aapt.net.au](mailto:saracroft@aapt.net.au)

**Areas of specialisation:** Anxiety disorders, depression, adjustment disorders, eating disorders, stress management, trauma, grief/loss, couple counselling and parenting issues. Accreditation: WorkCover, Medicare and Victims Services.

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**Julie Curnow**

Lifeline 10 Earl Street  
Coffs Harbour NSW 2450

Telephone: 02 6651 4093  
Facsimile: 02 6650 0777  
[jcurnowll@bigpond.com](mailto:jcurnowll@bigpond.com)

**Areas of specialisation:** Problem Gambling and Co-morbid presentations together with underlying issues.

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**Kerrie Dennis (TIMM)**

Level 1, 51 Grafton Street, Coffs Harbour NSW 2450  
17 Market Street, Woolgoolga NSW 2456

Telephone: 02 6651 8297  
Facsimile: 02 6651 2927  
Mobile: 0422 010 066  
[kerrie@timm.net.au](mailto:kerrie@timm.net.au)

**Areas of specialisation:** Anxiety, depression, self esteem, PTSD, alcohol reduction, couples counselling, psychological work conditioning and workers compensation cases.

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**Gaye Ellis**

19 Park Beach Road  
Coffs Harbour NSW 2450

Telephone: 02 6651 6477  
Facsimile: 02 6651 6477  
[gayellis@optusnet.com.au](mailto:gayellis@optusnet.com.au)

**Areas of specialisation:** General counselling, sexual assault, anxiety management, stress management.

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**Bob Ferguson**

(Social worker)

553 Upper Orara Road,  
Upper Orara NSW 2450

Telephone: 02 6653 8603  
Mobile: 0408 194 812  
[brayferg65@hotmail.com](mailto:brayferg65@hotmail.com).

**Areas of specialisation:** Family, marriage and relationship counselling, individual counselling and psychotherapy. Trauma counselling, using E.M.D.R (Eye Movement Desensitisation and Reprocessing), Medicare recognized counsellor for anxiety and depression.

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**Helen Gibson**

Clear Solutions Psychological Services,  
Shop 7/78 Bray Street,  
Coffs Harbour NSW 2450

Telephone: 02 6652 9181  
Facsimile: 02 6655 4922  
Mobile: 0448 332 278  
[www.csps.net.au](http://www.csps.net.au) email: [info@csps.net.au](mailto:info@csps.net.au)

**Areas of specialisation:** Crisis intervention, conflict resolution, trauma, Post Traumatic Stress Disorder. Self-esteem enhancement, eating disorders, depression, anxiety, panic, agoraphobia. Stress management, sleep difficulties, relaxation training. Grief and loss, adjustment disorders, relationship breakdown. Alcohol and other drugs issues. Personality disorders. Anger management, behavioural problems. Social skills training. Psychological/Personality Assessments. Return to work co-ordination. Individual adult, adolescent, couple and family counselling. Assessment and preparation of Pre-Sentence Reports. Areas of interest, adult survivors of abuse, indigenous people, women's issues, adolescents, older adults. Interventions: Short solution-focused therapy, CBT, Clinical Hypnotherapy. Clients may be seen at Woolgoolga on request.

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**Yvette Greenhalgh**

(Clinical Psychologist)

Suite 5, 1 Duke Street  
Coffs Harbour NSW 2450  
PO Box 1481, Coffs Harbour NSW 2450

Mobile: 0428 564 812  
Facsimile: 02 6652 8821  
[ygreenhalgh@bigpond.com](mailto:ygreenhalgh@bigpond.com)

**Areas of specialisation:** The assessment and treatment of older adolescents and adults suffering a range of psychological difficulties including depression, panic disorder, generalised anxiety, OCD, anorexia nervosa, bulimia nervosa, binge eating and adjustment disorder. Worker's compensation cases welcomed. Specialist in Cognitive Behavioural Therapy.

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**Andrew Grey**

(Consultant Clinical Psychologist)

79 West High Street  
Coffs Harbour NSW 2450

Phone: 02 6653 5734  
Mobile: 0407 334 117  
[drandrewgrey@gmail.com](mailto:drandrewgrey@gmail.com)

**Areas of specialisation:** Panic Disorder, OCD, Trauma/PTSD, generalised anxiety disorder, social and specific phobias; depression and relapse prevention for depression; complex grief and relationship difficulties. Population of interest: adolescents and adults. Therapy format: Individuals, couples and groups. Specialist in Cognitive Behavioural Therapy (CBT). Considerable experience in working with and teaching Acceptance and Commitment Therapy (ACT) and Mindfulness-Based Cognitive Therapy (MBCT).

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## Annette Guteridge

*Please contact Ms Guteridge  
first before making referral.*

Coffs Harbour NSW 2450  
Toormina NSW 2452  
Woolgoolga NSW 2456  
PO Box 6712 Coffs Harbour NSW 2450

Telephone: 02 6651 4908  
Facsimile: 02 6651 4914  
Mobile: 0410 350 274  
[guteridgea7@bigpond.com](mailto:guteridgea7@bigpond.com)

**Areas of specialisation:** General counselling and positive psychology for adolescents and adults, stress management, clients with terminal or potentially terminal illness, trauma, grief and loss, adult survivors of childhood abuse.

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## Elizabeth Hagl

49 Beach Street, Woolgoolga  
Telephone: 02 6654 1282

Suite 6, 71 Albany Street, Coffs Harbour

Telephone: 02 6652 3258  
Facsimile: 02 6651 5854  
Mobile: 0432 606 815  
[jirehe@optusnet.com.au](mailto:jirehe@optusnet.com.au)

**Areas of specialisation:** Psychological and counselling services for children, adolescents, young adults and their families (behavioural problems, school refusal, domestic violence, parenting issues, domestic violence etc). Experienced psychologist working with Post Traumatic Stress Disorder (PTSD), mood disorders, grief and loss, transcultural and Australian aboriginal mental health. Accredited counsellor for Victims of Crime in NSW and Canberra and Workers Compensation registered. Bilingual services provided.

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## Teresa Halling

(Occupational Therapist)

Daniels Road  
Coramba NSW 2450

Mobile: 0429 362 316  
[teresa.halling@gmail.com](mailto:teresa.halling@gmail.com)  
[www.teresahalling.com.au](http://www.teresahalling.com.au)

**Areas of specialisation:** Anxiety, depression, stress management. Cognitive Behavioural Therapy combined with a Mindfulness based approach. Support to develop wellness behaviours and emotional resilience with a focus on maintaining an active lifestyle. Bulk billing for GP referrals.

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## Teresa Huggett

(Social Worker)

Red & White Medical Centre  
Corner Argyll Street & Pacific Highway  
Coffs Harbour NSW 2450

Mobile: 0439 914 676  
[teresa.huggett1@bigpond.com](mailto:teresa.huggett1@bigpond.com)

**Areas of specialisation:** Children and adults; individual and family counselling; anxiety, depression, grief and loss, stress management, relationship counselling, perinatal mental health.  
**Accredited and Registered with:** Medicare (bulk billing), VVCS, EAP.

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## Dina Jeffery

Room 1,  
122 West High Street, Coffs Harbour 2450  
Box 8082 Mansbridge Drive Coffs Harbour 2450

Mobile: 0458 561 979  
[dinasoffice@bigpond.com](mailto:dinasoffice@bigpond.com)

**Areas of specialisation:** Psychological Assessment and Counselling Services, Child Development and Effective Parenting, Pain, Injury, Illness and Medical Stress Management.

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## Matthew Jepsen

McCombie Associates  
68 Albany Street  
Coffs Harbour NSW 2450

Telephone: 02 6652 2825  
Facsimile: 02 6651 6756  
[mcpsych1@uss.net.au](mailto:mcpsych1@uss.net.au)

**Areas of specialisation:** Child, adolescent and adult emotional and behavioural problems such as depression, anxiety and panic, trauma, anger management, stress management, relaxation training, parent-child relational difficulties, Autism Spectrum Disorders.

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## Johanna Johnson

Red & White Medical Centre  
Corner Argyll Street & Pacific Highway  
Coffs Harbour NSW 2450

Sawtell service – 1 day per week.

Telephone: 02 6655 0269  
Mobile: 0421 425 815  
[jo.pjohnson@bigpond.com](mailto:jo.pjohnson@bigpond.com)

**Areas of specialisation:** Generalist counselling for adults, couples, adolescents including counselling for adjustment disorders, depression, anxiety, stress, anger management and trauma symptoms as well as relationship issues and grief and loss support. Medicare referrals welcome however not providing bulk billing.

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## Alex Krantz

Axis Counselling  
Suite 3/222 Harbour Drive  
Coffs Harbour NSW 2450

Axis Counselling  
4 Market Street  
Woolgoolga NSW 2456

**All Correspondence:** PO Box 527, Coffs Harbour NSW 2450

Telephone: 02 6650 9042  
Facsimile: 02 6652 5044  
[alexkrantz@axiscounselling.com.au](mailto:alexkrantz@axiscounselling.com.au)

**Areas of specialisation:** Treatment: Trauma, Drug & Alcohol, General Psychopathology. Assessment and Reports: WorkCover, Court Reports, Probation & Parole. Populations of Interest: Adolescent to elderly. Accreditation: Medicare, WorkCover, Employee Assistance Programs (EAP) and Carers

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## Claire Latham

Suite 5, 1 Duke St  
Coffs Harbour NSW 2450

Telephone: 02 6652 8562  
Facsimile: 02 6652 8562  
[clairelatham@aapt.net.au](mailto:clairelatham@aapt.net.au)

**Areas of specialisation:** Assessment and treatment of individuals (12+ years) for: depression, anxiety disorders, post traumatic stress disorder, school/workplace problems, stress management, assertive communication, weight loss and self-esteem problems, grief and loss, chronic illness and other major life changes. Interest in indigenous and adolescent issues. Critical Incident Stress Debriefing, EAP and Workers Compensation clients welcomed

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## Kathleen Lindsay

Positive Outlook Psychological Services  
77 Raleigh Street  
Coffs Harbour NSW 2450

All Correspondence

PO Box 2079  
Coffs Harbour NSW 2450

Mobile: 0418 247 073

Telephone: 02 6652 2193

Facsimile: 02 6699 2011

[kathlindsay@positiveoutlook.com.au](mailto:kathlindsay@positiveoutlook.com.au)

[www.positiveoutlook.com.au](http://www.positiveoutlook.com.au)

**Areas of specialisation:** Depression, Anxiety & Stress Management, Suicide Related Issues, Weight Loss, Self-esteem & Confidence, Assertive Communication, Mental Health Conditions, Grief & Loss, Functional Assessment & Behavioural Support for Adults & Children with Behavioural Problems &/or Disabilities.

**Approved Provider:** Medicare, WorkCover, DVA, VVCS (Veterans & Veterans Families Counselling Service), Carers NSW, PANDA (Post & Antenatal Depression Association).

**Population groups:** Adults, Adolescents & Children, Aged, Indigenous, Adults & Children with Physical &/or Intellectual Disabilities, Carers, Veterans (VVCS).

**Therapeutic modalities:** Cognitive Behaviour Therapy (CBT), Mindfulness, Narrative and Solution-Focussed Therapies, Motivational Interviewing.

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## Ken Love

79 West High Street  
Coffs Harbour NSW 2450

Mobile: 0416 094 221

[klove@pilgrimconsulting.com.au](mailto:klove@pilgrimconsulting.com.au)

**Areas of Specialisation:** Trauma/PTSD, Panic Disorder, Generalised and Social Anxiety Disorders, OCD, Adjustment Disorder, pain management and depression. Work with adolescents and adults and interest in indigenous mental health. Therapeutic approaches include Self Relations Psychotherapy, EMDR, CBT, Mindfulness Based Cognitive Therapies and Clinical Hypnotherapy. Delivers ATAPS Psychological Services at Galambila AHSI. Registered with Medicare, WorkCover and Employee Assistance Programs.

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## Charles Lucas

McCombie Associates  
68 Albany Street  
Coffs Harbour NSW 2450

Telephone: 02 6652 2825

Facsimile: 02 6651 6756

[clucas@tpg.com.au](mailto:clucas@tpg.com.au)

**Areas of specialisation:** Depression; Anxiety & phobias; Grief & Loss; Life transition & adjustment issues; Relationship therapy; Psychological & Vocational assessment; Intellectual disability; Rehabilitation/Injury counselling & assessment; Autistic Spectrum Disorder; Posttraumatic Stress Disorder. Therapeutic approaches & Interventions include, Psychodynamic Psychotherapy, Transactional Analysis, CBT, Clinical Hypnosis, EMDR & interest in Sports Psychology.

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**Dr Stuart Mann**

(Clinical Psychologist)

Axis Counselling  
Suite 3/222 Harbour Drive  
Coffs Harbour NSW 2450

Axis Counselling  
4 Market Street  
Woolgoolga NSW 2456

**All Correspondence:** PO Box 527, Coffs Harbour NSW 2450

Telephone: 02 6650 9042

Facsimile: 02 6652 5044

[stuart@axiscounselling.com.au](mailto:stuart@axiscounselling.com.au)

**Areas of specialisation:** Treatment: Focus on PTSD/trauma (victims of crime, war veterans/peace-keepers, personal injury), chronic mental illness and general psychopathology.

Assessment and Reports: WorkCover, Forensic (Victims compensation, Court reports) and Competency.

Populations of Interest: Adolescents, adults (including elderly) and Indigenous.

Accreditation: DVA, Medicare, Victims of Crime, Carers and Employee Assistance Programs (EAP).

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**Laurie Manson**

Red and White Medical Centre  
214-220 Pacific Highway  
Coffs Harbour NSW 2450

Telephone: 0408 541 804

[lauriemanson@hotmail.com](mailto:lauriemanson@hotmail.com)

**Areas of specialisation:** Psychological counselling for men, women and children suffering an array of psychological difficulties including, but not limited to: depression, generalised anxiety, OCD, stress management, mood disorders, substance abuse, addiction, post traumatic stress disorder, anger management, self-esteem, confidence and assertiveness issues, adjustment disorders and life coaching. Therapies include, but not limited to: CBT, mindfulness, solution focused, and psychodynamic.

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**Denise Marshall**

1/79 West High Street  
PO Box 8016 Coffs Harbour NSW 2450

Telephone: 02 6651 5811

Facsimile: 02 6651 5810

[denisemarshell@bigpond.com](mailto:denisemarshell@bigpond.com)

**Areas of specialisation:** Grief/loss/bereavement, depression, anxiety, drug & alcohol, sexual assault, relationship counselling, health, rehabilitation & Work Cover matters. Registered provider for WorkCover, Comcare and several Employee Assistance Programs.

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**Wendy McCartney**

Clinical, Counselling and Forensic  
Psychologist FAPS

3/26 Bonville Street  
Urunga NSW 2455

Telephone: 02 6569 5272

Mobile: 0417 695 007

[wendymccartney@optusnet.com.au](mailto:wendymccartney@optusnet.com.au)

**Areas of specialisation:** Depression, anxiety conditions, trauma/PTSD, assaults, including sexual assaults, crisis intervention, relationships, grief and loss issues, student issues, youth issues. Pre-Sentencing Reports, Medico-Legal Reports; Workers Compensation. Registered with: Department of Veterans' Affairs; Vietnam Veterans' Counselling Service; Victims of Crime; EAP provider.

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**Warwick McClelland**

(Clinical Psychologist)

79 West High Street,  
Coffs Harbour NSW 2450

Mobile: 0407 776 675

[warwickmcclelland@yahoo.com.au](mailto:warwickmcclelland@yahoo.com.au)

**Areas of specialisation:** All anxiety disorders (including trauma); depression; D&A; grief and loss; adjustment issues; family, relationship and interpersonal difficulties; and anger. Accept clients of all ages. Specialising in Acceptance and Commitment Therapy.

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## McCombie Associates

68 Albany Street  
Coffs Harbour NSW 2450

Telephone: 02 6652 2825  
Facsimile: 02 6651 6756  
[mcpsych1@uss.net.au](mailto:mcpsych1@uss.net.au)

**Areas of specialisation:** anxiety, pain, personality, eating disorders, depression, family relationships, trauma: War, DVA accredited, domestic violence and sexual assault. Victims of Crime accredited and Workers' Compensation.

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## Lynda Melville (Clinical Psychologist)

Suite 5, 1 Duke Street  
Coffs Harbour NSW 2450

Telephone: 02 6652 5883  
Facsimile: 02 6652 8821  
Mobile: 0412 469 147  
[lyndamel@ozemail.com.au](mailto:lyndamel@ozemail.com.au)

**Areas of specialisation:** Assessment and treatment of adolescents (16+) and adults with anxiety disorders, adjustment disorders and life transition issues, depression and mood disorders, Post-traumatic stress disorder, health-related issues, and work problems. Workers Compensation cases accepted.

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## Richard Miller

122 West High Street,  
Coffs Harbour NSW 2450

Telephone: 02 6644 9377  
Facsimile: 02 6644 9377  
Mobile: 0437 004 010  
[richardmiller@ozemail.com.au](mailto:richardmiller@ozemail.com.au)

**Areas of specialisation:** General counselling for adolescents and adults. Youth and family issues. Assessment and treatment of substance abuse disorders. Forensic psychology, trauma counselling, stress and anger management, workplace issues, crisis intervention, mood and personality disorders.

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## Eileen Moore

McCombie & Associates  
68 Albany Street, Coffs Harbour NSW 2450

Telephone: 02 6652 2825  
Facsimile: 02 6651 6756  
[moorerelationships@gmail.com](mailto:moorerelationships@gmail.com)  
[www.moorerelationships.com.au](http://www.moorerelationships.com.au)

**Areas of specialisation:** Counselling and Therapy for Anxiety, Depression and Trauma; Worker's Compensation (Reg. Provider with WorkCover and extensive Workers Compensation experience); Grief and Loss; Marriage and Relationship Counselling; Sexual problems for both men and women; Assertiveness, Stress Management and Self-Esteem; Life choices and Life Transition issues; Career Counselling. Experience running Women's workshops and courses for depression, anxiety, assertiveness and sexuality at the Coffs Harbour Women's Health Centre for over 7 years. Therapeutic approaches – specialising in CBT. Also utilising interventions from ACT, Humanistic counselling, Transactional Analysis, Strength Based Counselling and Motivational interviewing.

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## Alice Munnings

79 West High Street,  
Coffs Harbour NSW 2450

Mobile: 0414 526 547  
[alicemunnings@yahoo.com.au](mailto:alicemunnings@yahoo.com.au)

**Areas of specialisation:** Works with adults and the elderly, including adolescents 18+. Covering: adjustment difficulties; relationship problems; trauma, grief & loss; mental health issues; depression, stress, anxiety disorders and phobias; survivors of childhood sexual abuse; carer stress. Special interest in problems of the elderly. Special expertise in transcultural counselling for migrants, refugees and international students. Work Cover referrals welcomed. Registered with Vietnam Veterans' Counselling Service.

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## Christina North

73 Yarramen Road, Bonville NSW 2441  
PO Box 298, Toormina NSW 2452

Telephone: 02 6653 4894  
Facsimile: 02 6653 4893

**Areas of specialisation:** Trauma counselling, grief and loss, anxiety, depression, adult counselling, older people. **Delivers GP Psychology Service at Urunga and Nambucca Valley (no cost).**

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## Bill O'Hehir

31 Bangalow Terrace,  
Sawtell NSW 2452

Telephone: 02 6658 8231  
Mobile: 0488 550 790  
[william.ohehir@scu.edu.au](mailto:william.ohehir@scu.edu.au)

**Areas of specialisation:** Depression and anxiety disorders, relationship problems, sexual dysfunction with males, men's issues, PTSD, work with veterans, medico legal reports, work related stress. Workcover accredited.

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## Helen Oliver

79 West High Street  
Coffs Harbour NSW 2450

Telephone: 0412 756 807  
[Helo@westnet.com.au](mailto:Helo@westnet.com.au)

**Areas of specialisation:** Depression, anxiety & stress management, PTSD, pain management & problem solving. Workcover.

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## Adam Patrech (TIMM)

Level 1, 51 Grafton Street, Coffs Harbour NSW 2450  
13 Eckford Close, Boambee East NSW 2450  
17 Market Street, Woolgoolga NSW 2456

Telephone: 02 6658 5979  
Facsimile: 02 6658 5927  
[adam@timm.net.au](mailto:adam@timm.net.au)

**Areas of specialisation:** Psychological assessment and counselling. Vietnam Veteran Counselling Service (VVCS), EAP Counselling. Comcare accredited provider. Workcover accredited rehabilitation provider and workers compensation specialists. Male and female counsellors available. After-hours appointments upon request. Accredited mediators available.

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## Sue Pearson

Suite 110, 24 Gordon Street  
Coffs Harbour NSW 2450

Telephone: 0432 151 432  
[cnspearson@harboursat.com.au](mailto:cnspearson@harboursat.com.au)

**Areas of specialisation:** Parenting issues, counselling for depression, anxiety, stress, grief/loss, self-esteem/confidence building and adjustment issues. Areas of interest: Parents and children. Adolescents and their families. Domestic violence. Techniques: Cognitive Behaviour therapy (CBT) and compassion focused CBT, motivational interviewing.

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## Bruce Petersen (Clinical Psychologist)

Coffs Medical Centre  
42-44 Gordon Street  
Coffs Harbour NSW 2450

Telephone: 02 6648 5222  
Facsimile: 02 6652 2883  
[b.petersen52@yahoo.com.au](mailto:b.petersen52@yahoo.com.au)

**Areas of specialisation:** Mental health counselling (adults, children and adolescents). Depression, mood disorders, anxiety disorders and Workcover. Neuropsychological assessments. Twenty five years clinical psychologist and fifteen years expert court witness

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**Dr Susan Priest**  
(Clinical Psychologist)

79 West High Street  
Coffs Harbour NSW 2450

Mobile: 0418 714 641  
[s.priest@unsw.edu.au](mailto:s.priest@unsw.edu.au)

**Areas of specialisation:** Women's mental health, stress, anxiety, depression and Perinatal and infant mental health issues, fertility/infertility and pregnancy related counselling.

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**Verity Stoker**  
(Clinical Psychologist)

The Professional Centre  
Level 1, 9 Park Avenue  
Coffs Harbour NSW 2450

Telephone: 02 6653 7489  
Facsimile: 02 6659 2001  
[www.stokerandassociates.com](http://www.stokerandassociates.com)

**Areas of specialisation:** Post Natal Depression (PND), Depression and mood disorders, Anxiety disorders, Pain management, Adjustment issues, Couples Communication, Workers compensation & use of computerised Biofeedback, NET (Neuro Emotional Technique). Groupwork - Post Natal Depression (PND) for women and men, Anger Management, ENERGIZE - Weight Management & Lifestyle change, other groups on request. Works with adults (18+) and the elderly

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**Gillian Stott**  
(Clinical Psychologist)

Axis Counselling  
Suite 3, 222 Harbour Drive  
Coffs Harbour NSW 2450

Telephone: 02 6650 9042  
[gillstott@inet.com.au](mailto:gillstott@inet.com.au)

**Areas of specialisation:** Depression and Anxiety disorders. Relationship difficulties, Parenting difficulties, sexual difficulties, post traumatic stress and adjustment disorders, bi-polar 2 and OCD. Grief and loss, Life Stage adjustment, Good understanding of psychotropic medications and diagnosing alcohol and substance dependence. Over 25 years of clinical experience. Accreditation: Medicare, Workcover, Board Approved Supervisor.

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**Claudia Greene-Wahlgren**

79 West High Street  
PO Box 2315,  
Coffs Harbour NSW 2450

Mobile: 0488 538 622  
[claudiawahlgren@hotmail.com](mailto:claudiawahlgren@hotmail.com)

**Areas of specialisation:** Grief, loss and bereavement, women's issues, depression, anxiety and stress management, CBT. National Association for Loss and Grief facilitator for Blue Healers depression, anxiety and stress management program.

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**Cheryl Walsh**

North Coast Psychology  
28 Safety Beach Drive  
Safety Beach NSW 2456

Telephone: 02 6654 1352  
Facsimile: 02 6654 9257  
Mobile: 0405 783 097  
[cawalsh1@tpg.com.au](mailto:cawalsh1@tpg.com.au)

**Areas of specialisation:** Psychological services for children, adolescents and adults. Individual, couple and family therapy. VVCS accredited.

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**Anne-Louise Wilkins**

McCombie Associates  
68 Albany Street, Coffs Harbour NSW 2450

Telephone: 02 6652 2825

Facsimile: 02 6651 6756

[mcpsych1@uss.net.au](mailto:mcpsych1@uss.net.au)

**Areas of specialisation:** Depression, anxiety, trauma, stress management, pain management, bereavement, personality, child and adolescent emotional and behavioural problems. Registered with: Victims Services, Medicare and EAP providers. Workers' compensation.

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**Lynn Wright**

19 Market Street, Woolgoolga NSW 2456

Post: PO Box 386 Woolgoolga NSW 2456

Telephone: 02 6654 2477

Facsimile: 02 6654 2444

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

**Areas of specialisation:** Individual: Depression, anxiety and panic, trauma, crisis intervention, work/life stress management, communication, headache, chronic pain. Registered with Medicare, Workers' Compensation and Veteran Affairs. Bulk billing – no gap payment.

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# BELLINGEN SUBDIVISION

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## Lisa Brown

Registered Psychologist and  
Mindfulness Based Stress Reduction Teacher

Mindfulness, Psychology and Wellbeing  
14 Hyde Street, Bellingen NSW 2454

PO Box 128  
Bellingen NSW 2454

Facsimile: 02 6652 8821

Mobile: 0400 491 477

[lisa@mindful-wellbeing.com](mailto:lisa@mindful-wellbeing.com)

<http://mindfulnesspsychologywellbeing.com>

**Areas of specialisation:** Depression, anxiety, trauma, chronic pain, chronic illness, eating disorders, Mindfulness-Based Stress Reduction (MBSR) Groups. Children, adolescents, adults and families. Registered with Medicare, Victims Services, Workers' Compensation and EAP providers.

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## Margaret Doohan

4/54 Wheatley Street  
Bellingen NSW 2454

Mobile: 0432 670 339

[ssparrow1@bigpond.com](mailto:ssparrow1@bigpond.com)

**Areas of specialisation:** Depression, anxiety, stress, trauma, PTSD, grief and loss, adjustment disorders, relationship breakdown, sleep difficulties, alcohol and drug issues, anger management, behavioural problems, social skills training. Individual child, adolescent and adult, couple and family counselling. Areas of interest: children, adult survivors of abuse, indigenous people, women's issues, adolescents, older adults. Interventions and therapeutic approaches: stress management and relaxation training via Mindfulness CBT approach, Acceptance and Commitment Therapy, Solution-Focused Therapy and Process Oriented Gestalt Psychotherapy. Medicare bulk billing for GP referrals and registered DVA.

---

## Antonia Erskine

The Old Council Chambers,  
Room 11, 1A Oak Street,  
Bellingen NSW 2454

Telephone: 02 6655 2295

Facsimile: 02 6655 2295

Mobile: 0429 229 026

[antonia.psychology@midcoast.com.au](mailto:antonia.psychology@midcoast.com.au)

**Areas of specialisation:** Assessment, treatment and counselling for adults, youth, adolescents. Depression and Anxiety disorders, PTSD, grief and loss, assault, personal crisis, eating disorders, injury management and chronic pain, workplace, redundancy and retirement issues, youth self esteem, self-harm, bullying, and social anxiety. Worker's compensation cases welcome. Bulk billing for GP referrals. Also delivers GP service at Bowraville.

---

## Johanna Johnson

Bellingen NSW 2454

Telephone: 02 6655 0269

Mobile: 0421 425 815

[jo.pjohnson@bigpond.com](mailto:jo.pjohnson@bigpond.com)

**Areas of specialisation:** Generalist counselling for adults, couples, adolescents including counselling for adjustment disorders, depression, anxiety, stress, anger management and trauma symptoms as well as relationship issues and grief and loss support. Medicare referrals welcome.

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**Ken Love**

7/1A Oak Street  
Bellingen

Suite 1, 69C Hickory Street,  
Dorrigo, NSW 2453

Mobile: 0416 094 221  
[klove@pilgrimconsulting.com.au](mailto:klove@pilgrimconsulting.com.au)

**Areas of Specialisation:** Trauma/PTSD, Panic Disorder, Generalised and Social Anxiety Disorders, OCD, Adjustment Disorder, pain management and depression. Work with adolescents and adults and interest in indigenous mental health. Therapeutic approaches include Self Relations Psychotherapy, EMDR, CBT, Mindfulness Based Cognitive Therapies and Clinical Hypnotherapy. Delivers ATAPS Youth Psychological Services for Bellingen and Dorrigo. Registered with Medicare, WorkCover and Employee Assistance Programs.

---

**Wendy McCartney**

**Clinical, Counselling and Forensic  
Psychologist FAPS**

3/26 Bonville Street  
Urunga NSW 2455

Telephone: 02 6569 5272  
Mobile: 0417 695 007  
[wendymccartney@optusnet.com.au](mailto:wendymccartney@optusnet.com.au)

**Areas of specialisation:** Depression, anxiety conditions, trauma/PTSD, assaults, including sexual assaults, crisis intervention, relationships, grief and loss issues, student issues, youth issues. Pre-Sentencing Reports, Medico-Legal Reports; Workers Compensation. Registered with: Department of Veterans' Affairs; Vietnam Veterans' Counselling Service; Victims of Crime; EAP provider.

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**Chris Marks**

**(Accredited Mental Health Social Worker)**

Chris Marks Counselling & Consultancy  
Bellingen Physiotherapy & Sports Injury Centre  
14 Hyde Street  
Bellingen NSW 2454

Mobile: 0423 133 191  
[shegroup@yahoo.com](mailto:shegroup@yahoo.com)

**Area of Specialisation:** Post traumatic stress, anxiety, depression, adult survivors of childhood abuse, victims of crime, personal skills development and relaxation techniques. Specialist approaches in mindfulness, significance of trauma, psychodynamic psychotherapy, relationships and family issues, adult education and psycho-education with individuals, couples and groups.

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**Lynda Melville**

**(Clinical Psychologist)**

6 William Street  
Bellingen NSW 2454

Telephone: 02 6652 5883  
Facsimile: 02 6652 8821  
Mobile: 0412 469 147  
[lyndamel@ozemail.com.au](mailto:lyndamel@ozemail.com.au)

**Areas of specialisation:** Assessment and treatment of adolescents (16+) and adults with anxiety disorders, adjustment disorders and life transition issues, depression and mood disorders, Post-traumatic stress disorder, health-related issues, and work problems. Workers compensation cases accepted.

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**Alice Munnings**

Dorrigo Hospital  
Dorrigo NSW 2453

Mobile: 0414 526 547  
[alicemunnings@yahoo.com.au](mailto:alicemunnings@yahoo.com.au)

**Areas of specialisation:** Works with adults and the elderly, including adolescents 18+. Covering: adjustment difficulties; relationship problems; trauma, grief & loss; mental health issues; depression, stress, anxiety disorders and phobias; survivors of childhood sexual abuse; carer stress. Special interest in problems of the elderly. Special expertise in transcultural counselling for migrants, refugees and international students. Work Cover referrals welcomed. Registered with Vietnam Veterans' Counselling Service.

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**Bill O'Hehir**

Alchemy  
105-109 Hyde Street  
Bellingen NSW 2454

Telephone: 02 6658 8231  
Mobile: 0488 550 790  
[william.ohehir@scu.edu.au](mailto:william.ohehir@scu.edu.au)

**Areas of specialisation:** Depression and anxiety disorders, relationship problems, sexual dysfunction with males, men's issues, PTSD, work with veterans, medico legal reports, work related stress. Workcover accredited.

---

**Dr Susan Priest**

(Clinical Psychologist)

7/1A Oak Street,  
Bellingen NSW 2454

Mobile: 0418 714 641  
[s.priest@unsw.edu.au](mailto:s.priest@unsw.edu.au)

**Areas of specialisation:** Women's mental health, stress, anxiety, depression and Perinatal and infant mental health issues, fertility/infertility and pregnancy related counselling.

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**Dr Andrew Tootell PhD**

(Mental Health Social Worker)

Suite 4/54 Wheatley Street  
Bellingen NSW 2454

Mobile: 0428 684 446  
[atootell@gmail.com](mailto:atootell@gmail.com)

**Areas of specialisation:** Youth and adult mental health: Depression, grief and loss; PTSD.  
My approach to therapy is founded upon an integration of Buddhist mindfulness and compassion-focused practices with evidence-based western psychotherapy.

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# NAMBUCCA VALLEY SUBDIVISION

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## Antonia Erskine

Giingan Darrunday Marrlunggu Health Clinic  
Gumbayngiiri Rd  
Bowraville NSW 2449

Telephone: 02 6564 7005  
Facsimile 02 6564 8179  
Mobile: 0429 229 026  
[antonia.psychology@midcoast.com.au](mailto:antonia.psychology@midcoast.com.au)

**Areas of specialisation:** Assessment, treatment and counselling for adults, youth, adolescents. Depression and Anxiety disorders, PTSD, grief and loss, assault, personal crisis, eating disorders, injury management and chronic pain, workplace, redundancy and retirement issues, youth self esteem, self-harm, bullying, and social anxiety. Worker's compensation cases welcome. Bulk billing for GP referrals.

---

## Lisa Hanson

(Clinical Psychologist)

4 River Street, Macksville NSW 2447  
PO Box 409, Macksville NSW 2447

Telephone: 02 6568 1177 (preferred contact)  
Facsimile: 02 6568 3467  
Mobile: 0414 350 761  
[L.RAZCAT@bigpond.com.au](mailto:L.RAZCAT@bigpond.com.au)

**Areas of specialisation:** Experience working with individual adults, adolescents (16+) and families. Anxiety, mood and adjustment disorders, PTSD, trauma, sexual assault, grief, managing stress, adjustment to change/injury/illness/pain. Accredited Work Cover Provider - Worker's Compensation/rehabilitation referrals welcome. EMDR trained.

---

## Wendy McCartney

Clinical, Counselling and Forensic  
Psychologist FAPS

3/26 Bonville Street  
Urunga NSW 2455

Telephone: 02 6569 5272  
Mobile: 0417 695 007  
[wendymccartney@optusnet.com.au](mailto:wendymccartney@optusnet.com.au)

**Areas of specialisation:** Depression, anxiety conditions, trauma/PTSD, assaults, including sexual assaults, crisis intervention, relationships, grief and loss issues, student issues, youth issues. Pre-Sentencing Reports, Medico-Legal Reports; Workers Compensation. Registered with: Department of Veterans' Affairs; Vietnam Veterans' Counselling Service; Victims of Crime; EAP provider.

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## Peter McGrath

4 River Street  
Macksville NSW 2447

Nambucca Valley Youth Service  
48 Ridge Street Nambucca Heads NSW 2448

Mobile: 0437 915 217  
[peter.mcgrath4@bigpond.com](mailto:peter.mcgrath4@bigpond.com)

**Areas of specialisation:** Specialising in individual and relationship counselling working with couples, families, adolescents and children over a full range of issues. **Also delivers counselling for young people (12-25 years) in Coffs Harbour through Headspace Mid North Coast.**

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**Christina North**

5 Mann Street, Nambucca Heads NSW 2448  
PO Box 73, Nambucca Heads NSW 2448

Telephone: 02 6653 4894  
Facsimile: 02 6568 5093

**Areas of specialisation:** Trauma counselling, grief and loss, anxiety, depression, adult, older people.  
**Delivers GP Psychology Service in Nambucca Valley (no cost)**

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**Lynne Plummer**

5 Mann Street, Nambucca Heads NSW 2448  
PO Box 73, Nambucca Heads NSW 2448

Telephone: 02 6568 5107  
Facsimile: 02 6568 5093

**Areas of specialisation:** Adult counselling, depression, perinatal depression, anxiety disorders, phobias, trauma, grief and loss, older people. **Delivers GP Psychology Service in Nambucca Valley 4 days per week (no cost)**

---

**Gillian Stott**

(Clinical Psychologist)

Nambucca Healthcare Centre  
2-6 Willunga Avenue, Nambucca 2448

Telephone: 02 6568 8688  
[gillstott@iinet.com.au](mailto:gillstott@iinet.com.au)

**Areas of specialisation:** Depression and Anxiety disorders. Relationship difficulties, Parenting difficulties, sexual difficulties, post traumatic stress and adjustment disorders, bi-polar 2 and OCD. Grief and loss, Life Stage adjustment, Good understanding of psychotropic medications and diagnosing alcohol and substance dependence. Over 25 years of clinical experience. Accreditation: Medicare, Workcover, Board Approved Supervisor.

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**Mid North Coast (NSW) Division of General Practice  
Suite 2, Level 1, 92-96 Harbour Drive  
PO Box 920  
Coffs Harbour NSW 2450**

**Phone: 02 6651 5774  
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**All information supplied is correct at time of printing.**