



PSYCHOLOGY

Mullumbimby Comprehensive Health Centre has a team of experienced Psychologists to help support your mental well being. A Psychologist is a scientist who specialises in the study and treatment of the mind and behaviour, or in the treatment of mental, emotional and behavioural disorders.

Common concerns psychology can help with;

- Anxiety / Depression
- Post traumatic stress disorder
- Problem solving
- Communication skills
- Relationship support
- Motivation

CLAUDIA MICHELS CLINICAL PSYCHOLOGIST

Mindfulness-based Psychotherapy, Clinical Psychology, individual and couples counselling. Claudia has a masters Degree in Clinical Psychology (M.Psych). Four years of Psychotherapist Training at Humanistic Therapy Institute in Holland. Ongoing professional development. Her interests include trauma recovery, couples counselling, Buddhism and Psychology, victims of crime counselling, personal development and the psychology of happiness.

CARL MOORE PSYCHOLOGIST

Carl is a registered Psychologist/Psychotherapist/Counsellor and can assist with issues attached to: anxiety, depression, relationship difficulties, family system difficulties, personal identity difficulties, eating disorders, sexuality and sexual functioning, Autism, grief-loss-bereavement, grave and life-limiting illness, dying, love and identity.

SANDRA LUNBERGS PSYCHOLOGIST

Approaches are eclectic, practical, compassionate and client-centred including psycho-education regarding the stress response and individually tailored treatment. iRest Yoga Nidra has been found to be useful in helping people relax, sleep better, and heal unresolved issues. Also using Cognitive Behavioral Therapy and relaxation strategies such as mindfulness meditation.



**APPOINTMENTS AVAILABLE
5 DAYS PER WEEK**

Medicare rebates available with
GP mental health care plans.