

Matthew Wheelan



Matthew is a provisional psychologist who has experience working with adults who struggle with anxiety, depression, anger, relationship issues, alcohol and other drugs dependence, and the ongoing impacts following trauma. Matthew has supported people in hospital settings, community organisations and in private practice.

Matthew holds a Bachelor of Psychological Sciences (Honours), as well as a Graduate Diploma of Counselling and Psychotherapy and has had training in several evidence-based modalities, including Cognitive Behaviour Therapy, Dialectical Behaviour Therapy and Person-Centred Therapy.

When I'm not working, I enjoy reading books, watching movies, relaxing in the sun, keeping fit and attending various sporting events. All of which cater to a healthy work/life balance.