

## Jessica



*"My mission is simple:  
I want to enhance the strengths of my clients and accompany them on their journey through life's challenges with resilience and courage. Collaboratively, we develop customized treatment strategies within a supportive atmosphere that fosters open communication and empowerment.  
Each step toward improved mental health is a milestone to be cherished."*

Jessica is a Provisionally Registered Psychologist who has completed her Master of Professional Psychology at La Trobe University and is undertaking her sixth year in supervised practice. Jessica has had over five years of experience in healthcare - mental health and couples counselling, in both public and private settings. Jessica has experience working with a wide range of psychological concerns across the lifespan, from young children to adults.

Jessica has worked with individuals who have experienced challenges with stress, anxiety disorders, mood disorders, ADHD, ASD, and trauma. Jessica draws upon a wide variety of evidence-based psychological treatment modalities such as Cognitive Behavioural Therapy, Solution-Focused Therapy, Mindfulness-Based Interventions and other therapeutic approaches.

In addition to her clinical expertise, Jessica finds joy in exploring various creative outlets. Whether it's painting, photography, or simply soaking up the sunshine at the beach, she embraces life's adventures with enthusiasm. When she's not in the therapy room, Jessica is spending quality time with friends and family, immersing herself in art, enjoying music, or indulging in outdoor activities.