

Berwick Counselling & Psychology

Independently Consulting Clinical Psychologists

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Berwick Counselling & Psychology Contact Details

If you have any questions or would like more information
please phone, email or write to us.

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Email:

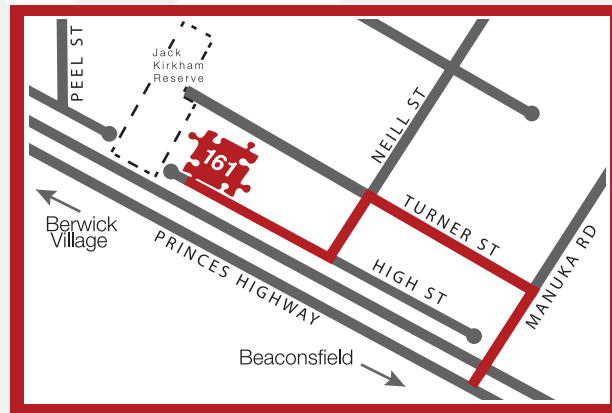
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(Melway Reference: - 111 F9)

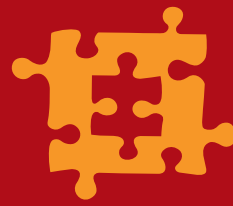
Welcome to Berwick Counselling & Psychology

We are a group of independently consulting Clinical Psychologists offering a wide range of psychological services, and are committed to improving the health and well being of people of all ages.

We work with adults, children, adolescents, couples, families and organisations to build positive pathways to mental health and wellness.

As independently consulting Clinical Psychologists at Berwick Counselling & Psychology we work with people to help them develop skills to manage the stresses of life and maintain a fulfilling and enjoyable future.

Louise Trimble
Director



Berwick Counselling & Psychology

Berwick Counselling & Psychology is a highly respected and well-established private psychology practice and has been serving the needs of individuals in the Berwick and surrounding communities since 1991.

As independently consulting Clinical Psychologists at Berwick Counselling & Psychology each of us holds a Master of Psychology Degree, is a member of the Australian Psychological Society College of Clinical Psychologists, and has worked in the field for over 10 years. We regularly attend workshops, seminars, and conferences to keep up to date with the current trends in psychology.

We operate from 161 High Street, Berwick, a charming beautifully renovated old home in a peaceful leafy setting. The single story building has a ramp for easy access for those with disabilities.

Our aim has been to establish a welcoming, safe and supportive therapeutic environment where our team works closely with people to help them make significant and positive changes in their lives.

We are registered with:

- Australian Health Practitioner Regulation Agency (AHPRA)
- Australian Psychological Society (APS)

We are Members of the College of Clinical Psychologists (MCCLIN).

We are registered providers with:

- Medicare
- Private Health Insurers
- WorkSafe Victoria, formally WorkCover (VWA)
- Transport Accident Commission (TAC)
- Victims of Crime Assistance Tribunal (VOCAT)
- Access to Allied Psychological Services (ATAPS)
- Employee Assistance Programs (EAP)

Services offered:

Counselling/Therapy

- Anxiety Disorders -
panic attacks, phobias, performance anxiety,
post traumatic stress
- Obsessive Compulsive Disorder -
checking, shopping, hoarding
- Depression/Mood Disorders
- Substance Use -
alcohol, drugs, nicotine
- Emotional Regulation -
anger, guilt, jealousy, sadness
- Trauma
- Pain Management
- Gender Issues/Sexuality
- Grief and Loss
- Relationship Issues
- Eating Disorders
- Gambling Problems
- Habit Disorders
- Adjustment Difficulties
- Sleep Disturbance
- Abuse Issues
- Workplace Issues
- Parenting
- Perinatal Health

Training

- Stress Management
- Social Skills
- Assertiveness
- Communication
- Problem Solving
- Life or Employment Adjustments
- Self Esteem
- Life Coaching
- Mindfulness
- Time Management

Assessments

- Personality
- Psychological
- Behavioural
- Vocational/Occupational

Supervision

- Psychologists and other Mental Health professionals
- Psychology Registration (Clinical and General)
- Debriefing - doctors and other health practitioners

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