

WE CAN HELP WITH...

- Depression (esp recurrent or chronic)
- Anxieties (eg, social phobia, panic attacks)
- Obsessions (eg, OCD, other fixations)
- Trauma (eg, PTSD, other enduring effects)
- Emotional volatility and dysregulation
- Binging, purging, constricted eating etc.
- Fuzzy or confused sense-of-self
- Self-sabotaging patterns
- Lack of drive, purpose, direction
- Existential angst or nihilism
- Anger, frustrations, impulsive actions
- Addictions (esp underlying causes)
- Relationship insecurities or avoidance etc.
- Dilemmas or internal conflicts
- Compulsive lying or cheating etc.
- Problematic personality structures
- Mental disturbances (e.g., dissociation)
- And many more...

**Medicare and Insurance
Rebates Available**



DID YOU KNOW...

*Research found who provided the therapy is about **8-9 times** more important than what treatment was provided in therapy (e.g., CBT compared to an alternative) in determining whether and to what extent people benefit from their sessions.*

Psychologists can differ a great deal, and it is crucial to have a good one.

Our entire team is either qualified or in the final stage of qualifying for Clinical Psychology endorsement (note: only ~28% of psychologists in NSW have completed the formal training needed for clinical endorsement).

But even more than qualifications, we focus on finding psychologists with the right qualities (e.g., genuine, empathic, sensible, open-minded, self-reflective and strive to be better therapists) to join our team.

No matter what your needs may be, we truly hope our team can be of assistance.

PSYCSPOT.ORG.AU



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Mascot NSW 2020 - Near Mascot Station



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**UNDERSTAND AND DEVELOP
YOUR INNER-WORKINGS**



*Experienced Providers of
Evidence-Based and Person-Centred
Psychotherapy.*

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Our original boutique practice is located in **The Cannery Rosebery**, which houses many famed eateries.

There is 1 hour free parking onsite and ample street parking nearby.

The Cannery can also be reached by bus from the city (e.g., 320 and 309) and neighbouring suburbs (e.g., 343).

Our second full-sized practice is located just 2-3min walk away from **Mascot Train Station**.

Currently, Meriton Retail Precinct next to Mascot station offers 1.5 hour free parking (entry via Church Ave). Street parking is also available nearby (e.g., Muller Ln, Galloway St).



1 Recognised Expertise

Our Director guest lectured at UNSW, trains clinical psychology postgraduates at UTS, and was invited to share his expertise with the clinical division of the Australian Psychological Society (APS).

2 Empirically-Guided

We are committed to evidence-based practice, and make judicious use of the easily (and widely) misused findings from our inexact clinical science to guide our conceptualisations and treatments.

3 Holistic & Humanistic

We focus on understanding and shaping each client's inner processes and experiences to bring about actually meaningful changes and improvements (instead of just focus on diagnosing and targeting symptoms).

4 Reasonably Priced

We do our best to make quality therapy affordable, and do not set our fees based on "what the market will tolerate". Our fees are significantly lower than the APS standard rates and what many others charge.

OUR PERSPECTIVE & APPROACH

As idiosyncratically imperfect beings each using our own fallible ways to navigate this non-utopic world (a world that can be incredibly confusing, demanding and unforgiving; where rejections, separations, exploitations, fair or unfair disappointments and tragic misfortunes are common occurrences) people can struggle and suffer in too many ways for far too many reasons.

Overcoming one's blind spots and limitations to figure out how one might have repeatedly encountered or remain entrapped in certain difficulties is not easy. Neither is the painstaking process of changing (or situationally accepting) oneself and one's circumstances. Thus, even Psychiatrists and Clinical Psychologists commonly seek personal therapy.

At Psyc Spot Psychology Clinic, we not only support clients through difficult times, but strive to help them better understand oneself and one's difficulties. Building on these insights, we focus on helping each person develop the capacities and make the changes needed to better navigate life's numerous challenges.

