

## Naomi Fisher

**Registered Psychologist**



Naomi is highly experienced in working with individuals, couples and families of all ages. Naomi provides treatment for a wide range of issues including depression, anxiety, stress management, family and relationship concerns, work-related stress, peri and postnatal mental health, grief, loss and significant life change, and trauma.

Naomi utilises a variety of evidence-based approaches including CBT, ACT, Emotion Focused Therapy for Couples, Family Systems Therapy, Motivational Interviewing, Mindfulness techniques and Person-Centred Psychotherapy.

Naomi is trained in EMDR, a highly specialised treatment for trauma and its related conditions. Naomi has built a reputation as a psychologist who is highly respected amongst the Christian Community and is able to support the needs of Christian clients with great understanding.

## Sara Oldfield

**Registered Psychologist**



Sara places high importance on the therapeutic alliance, striving to create a calm and confidential space for individuals to explore what it is that brings them to the clinic, and to assist in learning skills and strategies that can be used from the moment they leave. Sara understands that reaching out can be hard, and she is passionate about easing this process, working collaboratively to help individuals improve their current wellbeing and resilience, irrespective of age, gender or background. Sara is trained in a variety of treatment modalities including CBT, DBT, ACT and Play Therapy. She adopts a client-centred approach. Sara is described by her clients as warm, empathic and positive.

## Daniel Poliquin

**Occupational Therapist**



Dan is an experienced OT who has worked in the NDIS, DVA and Workers Compensation spaces. Dan has worked with clients of all ages with varying disabilities including intellectual disabilities, physical disabilities and autism spectrum disorder. Dan has a particular interest in working with teenagers and young adults. Dan has provided therapy interventions for a range of difficulties including time management and organisation, social skills, emotional regulation, sensory processing, activities of daily living (ADL) upgrading programs, money management skills and travel training.

Dan has extensive experience prescribing assistive technology options, from low risk to complex items requiring assistive technology requests.



**CONSCIOUS**  
**HEALTH CLINIC**  
*A philosophy of mindful health*



## CONTACT

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FIND US ON:



# ABOUT US

**We work with adults, children, families and employees providing exceptional health consulting services that are consciously tailored to the individual's needs.**

## **Our clinicians are skilled in:**

- Intelligence tests
- Personality tests
- Attitude tests
- Achievement tests
- Aptitude tests
- Vocational tests
- Independent Living Abilities assessment
- Support Needs assessment
- Sensory processing assessment
- Functional behavioural assessment
- Pre employment testing
- Psychological functional capacity evaluations

## **And we can provide assessment and reports to assist you with:**

- Getting assistance for your child at school
- NDIS
- ADF and DVA
- Workers compensation
- CTP insurance
- Permanent Impairment Claims
- Medicolegal matters



# OUR TEAM

## Gabrielle Micallef

### **Registered Psychologist**

Gabrielle has extensive skills and experience in working with adults, adolescents and couples. Gabrielle provides support and treatment for a wide range of issues including anxiety, depression, family and relationship concerns, peri and postnatal mental health, trauma, grief and bereavement, drug/alcohol issues and work-related stress. Gabrielle has extensive experience in a variety of approaches that include CBT, ACT, Gottman Method Couples Therapy, Motivational interviewing skills, Mindfulness techniques and Strengths-based models in her practice.



## Nic Sullivan

### **Registered Psychologist**

Nic is a driven woman who has risen to the top of her field in Psychology. Working with the best businesses in the country and the world, Nic has partnered with BlueScope Steel, Ramsay Health, 5 City Councils and Tyro. Nic comes with a diverse and unique skill set, with formal training in Psychology, Science and a Masters in Business Administration. Nic applies psychology and neuroscience to performance, influencing how individuals, teams, and organisations think, feel and work.



With 15 years' experience as a psychologist, registration with the National Psychology Board and Australian Health Practitioner Regulation Agency, you can be sure to receive a credible, ethical and contemporary service. Nic has extensive experience in workshop facilitation, change management, coaching and large-scale wellbeing, safety and leadership programs. Nic uses methods from clinical psychology, business

coaching and organisational change to help people achieve their pinnacle. In the clinic, Nic's work is focused on Workplace Psychological Injuries, PTSD, Chronic Pain and High Performance Roles. She is accredited to work in WorkCover, SIRA, Commcare, DVA and with Defence Force personnel. Nic provides employer services; pre employment, job capacity assessments and psychological functional for the purpose of determining fitness for work.

## Sarah Irish

### **Registered Psychologist**

Sarah is a Registered Psychologist experienced in the assessment and treatment of a range of mental health issues. Sarah is passionate about helping others to achieve meaningful change, and she is trained in utilising a variety of evidence-based therapeutic strategies to help her clients achieve their goals. Sarah provides treatment from cognitive behavioural therapy, acceptance and commitment therapy, dialectical behaviour therapy, and sand and play therapy frameworks, choosing the best fit for the client and their needs.



Sarah is also competent in a range of psychological assessments, and is able to provide a range of diagnostic assessments for children, adolescents and adults including Adult and Child Intelligence testing, ADHD, Anxiety and Depression Assessments, OCD assessment, Memory testing. In addition to her clinical work, Sarah has vast experience in providing mental health training in the workplace. Further to her psychology degrees, she also holds a Master in Forensic Mental Health.