

Clinical psychology in Rosanna and Warrandyte

Jess is a clinical psychologist, endorsed by the Psychology Board of Australia. She sees children from about six, teenagers and adults, in person and by telehealth.



Jess works with people experiencing

- Trauma and PTSD
- Depression and mood
- Eating disorders and body image
- Anxiety
- ADHD and neurodiversity
- Chronic pain and health conditions

How therapy works

Therapy begins with a careful assessment and a formulation of what is happening and why, which shape a treatment plan agreed together. Jess draws on CBT, ACT, schema therapy, DBT skills and psychodynamic therapy.

Two ways to start

Book directly

No referral is needed. Sessions are paid privately, and private health extras may pay a benefit.

With a Medicare referral

A referral from a GP (with a Mental Health Treatment Plan), psychiatrist or paediatrician lets you claim a Medicare rebate.

Rosanna

Mind Your Health Centre

47 Greville Road, Rosanna VIC 3084

Jess is here Wednesday 1pm to 7pm,
Thursday 7am to 1pm

(03) 9965 8903

reception@mindyourhealthcentre.com.au

Online booking through Halaxy

Warrandyte

Mullum Road Clinic

71 Yarra Street, Warrandyte
VIC 3113

Jess is here Monday and Tuesday
9am to 6pm

(03) 7042 3300

warrandyte@mullumroad.com.au



Scan to read about Jess
and see how to book

jess.ac