

# Clinical psychology in Rosanna

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



Scan to read about Jess  
and see how to book

jess.ac