

Issue 1 | August 2019



M a n d u r a h
Psychological Services
Your EAP Team

Introduction

Welcome to Mandurah Psychological Services Pty Ltd, a private practice that opened its Mandurah office doors in 2008 and its Bunbury office in 2012 offering 20 years of consultation and experience. MPS is located in Mandurah and assists people living throughout Western Australia including Perth Metropolitan, Peel and South West Regions.

If you would like to speak to someone at Mandurah Psychological Services call us during business hours on 0417 968 569.



Julie-Anne Davies
Managing Director and Senior Psychologist

Julie-Anne has been in private practice since 2006, serving the Kimberley, Mandurah and Bunbury regions. Julie-Anne's career in psychology commenced over 20 years ago with Department of Justice as a Victim Offender Mediation officer, then a Community Corrections Officer, Prison Psychologist, and finally as a Senior Rehabilitation Officer facilitating group therapy in regional WA prisons.

QUALIFICATIONS: BA Psych (Hons) MAPS, PGDip Sexology, MIACN (Cert)
Member Australian Psychological Society
Member Australian & New Zealand Association Psychiatry, Psychology, Law. ANZAPPL
Member Australian New Zealand Association for Treatment Sexual Abuse ANTANZA
Member Western Australian Sexology Society WASS

Service Provision

Professional counselling and psychological assessments are just some of the services on offer to individual adults and children, couples and groups.

MPS is a registered provider with affiliated organisations that deliver Employee Assistance Programs and Critical Incident Response and is qualified for Psychology Graduate Supervision.

MPS embraces evidence-based techniques and therapies and adopts a continuous learning approach to psychological practices.

The Employee Assistance Program (EAP) originated in the 1940s and provides a range of services to assist with:

- marriage and family problems
- stress related problems
- financial and legal difficulties
- psychological conflict
- workplace conflict

Employee Assistance Programs deliver professional psychologists who provide confidential assessment and short-term counselling to employees and their families in order to assist in dealing with these, and related, matters.

The business community has recognized that many everyday life stresses can negatively affect employee attendance and concentration, the general workplace morale, and an employee's ability to perform well on the job.

Reviews of psychological research suggest that use of EAPs may enhance employee wellbeing, improving attendance and functioning in the workplace^[1].

Calendar of Events



Woman's Health Week – September 2nd to 6th

Jean Hailes Women's Health Week is a week dedicated to all women across Australia to make good health a priority



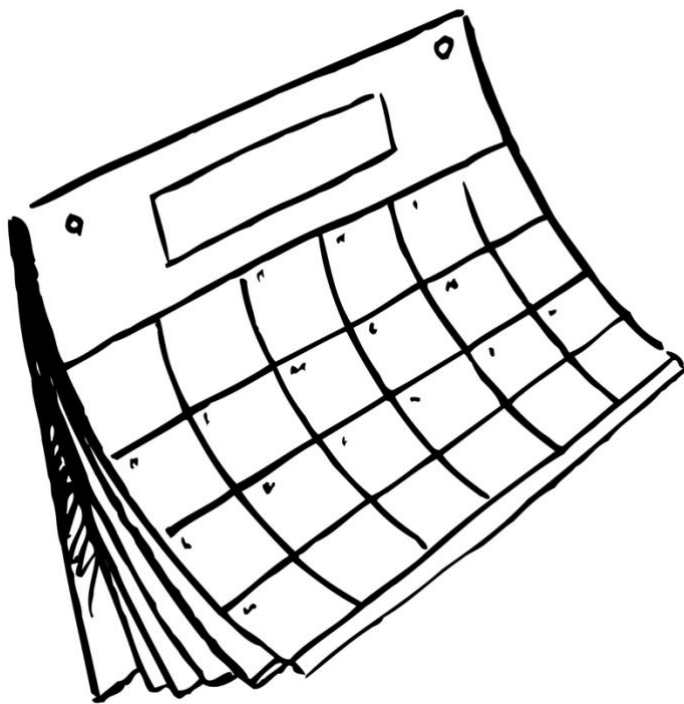
10th September

World Suicide Prevention Day - September 10th 'Working Together to Prevent Suicide' is the theme of the 2019 World Suicide Prevention Day. This theme was chosen internationally as it highlights the most essential ingredient for effective global suicide prevention: Collaboration.



ARE U OK? Day - September 12th

ARE U OK? Day aims to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with their mental health.



[1] Joseph, B., Walker, A., & Fuller-Tyszkiewicz, M. (2017). Evaluating the effectiveness of employee assistance programmes: a systematic review. *European Journal of Work and Organizational Psychology*, 27(1), 1-15. doi:10.1080/1359432x.2017.1374245

Meet Our Team

Julie-Anne Davies - Senior Psychologist & Sexologist



Julie-Anne Davies is the Managing Director of both Mandurah Psychological Services and Bunbury Psychological Services. Primarily, Julie-Anne comes from a Cognitive Behavioural therapy (CBT) background although for those clients not well suited to CBT she uses an eclectic responsive approach to meet her client's capacity, spiritual, cultural and religious beliefs; considering the client's worldview and life experiences.

BA Psych (Hons), PGDip Sexology, MIACN (Cert), Member Australian Psychological Society (MAPS)
Member Australian & New Zealand Association Psychiatry, Psychology, Law (ANZAPPL)
Member Australian New Zealand Association for Treatment Sexual Abuse (ANTANZA)
Member Western Australian Sexology Society (WASS)

Andrew Spring - Senior Psychologist



Andrew is particularly interested in the topic of 'emotional regulation' and has co-authored a manual aimed at teaching clients how to learn to better tolerate daily stressors using evidence-based methodology. This manual has now been adopted by Lifeline offices across South-East Queensland. Andrew uses various therapeutic approaches including CBT, acceptance and commitment therapy, mindfulness techniques as well as schema and person centred therapy.

Bachelor of Science (Hons) Psychology
Graduate Diploma in Psychology
Bachelor of Laws (LLB)

Mirjam Jung - Psychologist



Mirjam's experience extends to working with a wide range of issues in adults, such as depression, anxiety, crisis management, and life coaching. Mirjam has an in-depth understanding of the psychological characteristics of different cultural, religious and spiritual groups. She is also familiar with the particularities of the FIFO lifestyle. Mirjam engages in CBT, Client Centered Therapy and Positive Psychology, enabling her clients to overcome difficulties as well as identifying strengths to improve overall quality of life.

AHPRA Registered General Psychologist
Member of German Society of Psychologists

Amy Pollock - Psychologist



Amy Pollock is a generally registered psychologist who works to support her clients and their families by providing a warm, enriching and non-judgemental therapeutic environment which she believes is fundamental to a client's self-exploration, growth and development during therapy.

Bachelor of Psychology (Hons), Master of Applied Psychology (Pre-Clinical)

Amanda Brown - Psychologist



Amanda Brown is a registered Psychologist, who graduated from Curtin University in 1996 with a Bachelor of Science (Psychology) Degree and a Post Graduate Diploma in Psychology. Her academic achievements were recognised in 1994 through invitation to the Golden Key National Honours Society. Amanda uses CBT, mindfulness, Acceptance and Commitment Therapy, as well as various other established techniques to work with clients achieve their therapeutic goals.

Bachelor of Science (Psychology), Postgraduate Diploma of Psychology

For more information on our team, head to
www.mandurahpsychology.com.au/meet-the-team

Contact Us



Phone: 0417 968 569

Fax: 9535 1682

Email:
bpsadmin@mandurahpsychology.com.au

Street Address:
Shop 18, 4-10 Old Coast Road, Mandurah,
WA 6210

Postal Address:
PO Box 319, Mandurah WA 6210



Phone: 0447 713 200

Fax: 9787 9474

Email:
bpsadmin@bunburypsychologist.com.au

Street Address:
3/27 Bonnefoi Boulevard, Bunbury,
WA, 6230

Postal Address:
PO Box 319, Mandurah WA 6210

Find Us Online at
www.mandurahpsychology.com.au