WE HELP WITH

Whereas the prevailing paradigm prioritises quick and simple ways to directly (but often superficially) target disorders and symptoms, our practice was established to provide the kind of therapy that offers more depth. Beyond alleviating what is acute, we help clients:

- Establish a realistically positive, robust, cohesive, and authentic sense-of-self
- Develop secure styles of attachment, learn to love, and form meaningful relationships
- Internalise sensible values, find purpose, and solidify the drive to act accordingly.
- Build the ego-strength needed to withstand (instead of deny or distort) unwanted realities.
- Re-develop foundational capacities stunted by early life adversities, which can then allow one to learn better coping mechanisms
- Process grief, loss, regrets, unfulfilled dreams, traumas and other painful experiences
- Explore and clarify concealed and/or conflicted thoughts, feelings, desires and fears that have controlled or confined how we live our lives.
- Identify and shift unhelpful or even destructive habits and personality traits

medicare



ROSEBERY

We started as a boutique practice inside The Cannery, and later moved across the road to 77 Dunning Ave. After entering the building and walking the cafe stall, take the lift to your right, our Suite 410 is on Level 4.

There are lots of street parking in Rosebery but you may need to venture 2-3 blocks away during peak hours. Buses like 309 / 343 / 348 / 370 also make it easy to reach us from Newtown, Alexandria, Zetland, Waterloo, Redfern, Botany, Kingsford and Randwick.

MASCOT

Our larger practice is on the ground floor about 3min walk from Mascot Station - this train line travels through Sydney City, Green Square, and Wolli Creek. A couple of bus stops are also close by, and we are just a short drive from Marrickville, Erskineville, St Peters, Arncliffe, Kingsford, Maroubra and Eastgardens etc.

Parking is easy if you drive through Church Ave and find the Meriton Retail Precinct (1.5-hour free) indoor parking on the right side of this one-way-street.

PSYCSPOT.AU

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PSYC SPOT

Psychology Clinic

Psychotherapy

Understand and Develop Your Inner-Workings



Depression | Anxiety | OCD | Complex Trauma
Self-Esteem | Sexuality | Relationship Issues
Anger | Addiction | Personality Difficulties
ADHD | Eating Disorders | Dissociation
Loss of Drive and Direction

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1 Holistic and Humanistic

Against the trend of just diagnosing and attributing symptoms to reified mental disorders, we maintain that mental health "symptoms" should be contextualised and made sense of. By normalising struggles and sufferings of the human condition, and by clarifying how one has been shaped by and in turn shapes one's environments, we help clients better adapt to life's challenges.

2 Individuality Focused

Virtually all of our field's prized interventions can be counterproductive when applied to the wrong client - or simply in the wrong way or at the wrong time for that client. We thus focus on getting to know the idiosyncrasies of each client's unique psychology and circumstances to discern what each person needs, and when and what efforts may be well received.





3 Relationally Based

Therapy is in essence one person trying to understand, connect with, support, and positively influence another person. While some clients need sophisticated insights or technical interventions, empirically we know that many mainly improve due to the (at times hard earned) therapeutic relationship, and subtly but deeply impactful interactions.

4 Passionate and Proficient

Our entire team has completed the highest level of formal training in our discipline (required to attain the Clinical Psychologist title), but credentials alone are never sufficient. We select individuals with the right personal qualities (eg, empathic, self-reflective, thoughtful and open-minded) to join our team, and we built a strong reputation based on therapy outcomes.

OUR PERSPECTIVE & APPRAOCH

As invariably flawed and imperfect individuals 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, fair or unfair disappointments and tragic misfortunes are common occurrences), people can struggle and suffer in too many ways and for far too many reasons.

Overcoming one's personal blind spots and limitations to figure out how we might have repeatedly encountered or remain entrapped in particular difficulties is never easy, neither is the process of changing (or appropriately accepting) oneself and one's circumstances. Thus, even Psychiatrists and Clinical Psychologists commonly seek personal therapy.

At Psyc Spot, 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 do our best to help each person develop the capacities and make the changes needed to better navigate life's numerous challenges.

PSYC SPOT
Psychology Clinic

UNDERSTAND AND DEVELOP YOUR INNER-WORKINGS