



## Psychology Services Overview

Nexus has been a provider of quality psychology services since 1992. Service is provided only by fully registered and appropriately qualified psychologists.

Psychological services (except those relating to Performance Coaching, Organisational Psychology, and Online Psych Testing) are overseen by the Director of Psychology, Dr Susette Sowden.



Susette is a member of the Australian Psychological Society, the College of Counselling Psychologists, the College of Educational and Developmental Psychologists, and the Division of Independently Practising Psychologists. She has over 14 years experience as a psychologist, providing therapy and counselling to and psychological assessments for adults and children.

We value our clients and this is evident in many ways. For example, out of respect for our clients we provide an office environment which is modern, comfortable, and welcoming, and our therapeutic approaches focus on the development of self-efficacy.

There are two major areas of service provision under psychology services:

1. **Therapy and Counselling**
  - Depression ○ Anxiety, fears, & phobias ○ Panic attacks ○ Relationship issues ○ Sexual issues ○ Trauma ○ Work stress ○ Child & adolescent emotional & behavioural issues ○ Pain management ○ Eating disorders ○ Sleep disorders ○ Child educational & development issues (including learning disorders)
2. **Assessments**
  - Intellectual ○ Clinical ○ Educational ○ Forensic ○ Vocational

Our principle treatment modality in therapy and counselling follows what is called Cognitive Behavioural Therapy (CBT). This form of therapy was developed by the eminent psychiatrist, Aaron T. Beck, and is one of the best researched and effective forms of treatment for the range of issues outlined above. It is a form of therapy which aims to help the client evaluate their thinking patterns which, upon adjustment, can then influence their emotional states in a more functional direction, and to help the client introduce behavioural modifications which also impact on their emotional states. This process is very much under the client's control and it is the client who drives the process. While CBT is our principle therapeutic approach, we are also somewhat eclectic: where appropriate we use EMDR, insight based therapies, solution focussed therapy, and so on.

Our assessments are thorough and only use test instruments of the highest quality with demonstrated reliability and validity. Typical of the test instruments we use are the renowned WISC-III, MMPI-2, WIAT-III, BASC, Devereux, WAIS-R, and DASC. Using test instruments of this sort and employing our considerable experience and expertise we can produce reports which accurately identify concerns and remedial strategies.