

PSYCHOLOGIST SERVICES NOW AVAILABLE AT ADHD WA

As a part of ADHD WA services, we now have a provisional psychologist available to see clients.

What is a psychologist?

Psychologists are professionals that are registered with the Psychology Board of Australia and are qualified in the study of how people feel, think, act and interact. Through a range of strategies and therapies they aim to decrease distress and promote emotional wellbeing and resilience.

A session with our psychologist lasts around 50 minutes.

Details:	Provisional psychologist, Elena Trethowan
When:	Available every Tuesday-Wednesday between 8.45 AM and 3.30 PM
Cost:	Our standard fee is \$60.00
Location:	ADHD WA Office, The Niche, 11 Aberdare Rd, Nedlands, WA 6009
Booking:	Please call the office to book on 6457 7544 between 9.30 AM and 12.30 PM Monday to Friday.

Please note Skype sessions are available for clients living in regional or remote areas.

ELENA TRETHOWAN

Provisional Psychologist

Elena is a registered provisional psychologist. She has previous experience in counselling and family support work. Elena works with adults, parents, adolescents and children, providing a warm, supportive, accepting and therapeutic environment. Elena works from a strengths-based perspective, assisting clients to identify their own vision, goals, and capacities to overcome challenges, build skills, develop resilience and increase well-being.

Areas of interest include:

- ADHD management (adults & children)
- ADHD screening (adults & children)
- Psychometric testing (WISC-V & WIAT-III)
- Neurodevelopmental disorders
- Family & parenting issues
- Stress management
- Behaviour and social difficulties
- Communication skills
- Anxiety and panic
- Personal development
- Emotion regulation
- Goal-setting and motivation
- Self-concept
- Grief and loss
- Transition and adjustment

Elena has experience in a variety of therapeutic modalities, including Cognitive Behavioural Therapy, Metacognitive Therapy, Acceptance and Commitment Therapy, Brief Solution Focused Therapy, Mindfulness-based therapies, Interpersonal Psychotherapy and Child Centred Play Therapy.

Professional Memberships:

- Registered with the Psychology Board of Australia (PBA)
- Australian Psychology Society (APS)

To contact for an appointment:

- Phone: 6457 7544 or e-mail: hello@adhdwa.org
- ADHD WA Office, The Niche, 11 Aberdare Road, Nedlands, 6009.