



## The Equity Health Database

**A database of GPs, psychologists, and other mental health professionals for performers and crew**

In response to the concerning statistics surrounding the state of mental health in our industry, including barriers to seeking help, the Equity Wellness Committee (EWC) has created the Equity Health Database.

This is a list of GPs, psychologists, and other mental health professionals who have self-identified as having a special interest in or affiliation with the arts and/or artists. It's our hope that this list makes it simpler for members of the entertainment community to take the next step in finding mental health support, whether they are at home or on tour.

You can contact any of the practitioners listed in this database directly. Each will be able to explain to you specifics around the sort of treatments they provide, how their appointments work, their fee structure (including any rebates, bulk billing or out-of-pocket expenses on their services) and any other questions you may have about getting the help you need.

The Media Entertainment & Arts Alliance (MEAA) does not endorse or recommend any of the professionals listed below. This list is intended only as a guide to get you started and does not substitute for your own research.

All of the practitioners listed in the database have indicated registration with their relevant professional body. There are many professions that support mental health, and it is important that you make an informed decision about who is right for you. Speaking to a GP you know and trust is always a good start. For general information on mental health professionals see: <https://www.healthdirect.gov.au/mental-health-professionals>

For information about specific professions, see:

- GPs: <http://yourgp.racgp.org.au/welcome>
- Psychiatrists: <https://www.yourhealthinmind.org/psychiatry-explained/whats-a-psychiatrist>
- Psychologists: <https://www.psychology.org.au/for-the-public/about-psychology/what-is-a-psychologist>
- Counsellors: <https://www.pacfa.org.au/definition-of-counselling/>
- Psychotherapists: <https://www.pacfa.org.au/definition-of-psychotherapy/>
- Mental Health Social Workers: <https://www.aasw.asn.au/information-for-the-community/mental-health-social-workers>
- Mental Health Nurses: <http://www.acmhn.org/about-us/about-mh-nursing>
- Mental Health Occupational Therapists: <https://www.otaus.com.au/practice-support/areas-of-practice/mental-health>

Please be aware that this database is not a list of mental health crisis or emergency supports. If you have immediate mental health concerns for yourself or someone you know, you can contact the following services at any time or phone 000 for emergency services anywhere in Australia:

Lifeline on 13 11 14 <https://www.lifeline.org.au/>

Suicide Call Back Service on 1300 659 467 <https://www.suicidecallbackservice.org.au/>

Beyond Blue on 1300 22 4636 <https://www.beyondblue.org.au/get-support/>

eHeadspace at <https://eheadspace.org.au/>

Kids Help Line on 1800 55 1800 <https://kidshelpline.com.au/>

Support Act Wellbeing Helpline on 1800 959 500 <https://www.artswellbeingcollective.com.au/support-act-wellbeing-helpline/>

If you are searching for a practitioner from a different discipline, try the Members Directory at the Australian Society For Performing Arts Healthcare (ASPAH).

This organisation is made up of healthcare professionals and teachers from a multitude of disciplines and is the premier organisation of its kind: ASPAH <https://www.aspah.org.au/>

Are you a mental health professional with an interest in working with members of the entertainment industry? [Click here](#) if you're interested in being listed on the database.



## NEW SOUTH WALES

Name	Phone Number	Email	Clinic Name	Website	Profession	Where?
<b>Agi O'Hara</b>	0411 350 862	agiohara@internode.on.net	Better-Relating	<a href="http://www.better-relating.com.au">www.better-relating.com.au</a>	Psychologist	Leichhardt
<p><i>I have worked with numerous creative people (actors, directors, artists, singers, musicians) over the years. There are many aspects of their work which makes them susceptible to anxiety, depression and drug &amp; alcohol abuse, and I have always found working with them very rewarding due to their openness and willingness to engage in the therapeutic process.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001140378</p>						
<b>Amy Radford</b>	0403 934 030	<a href="mailto:amy@themindfulperformer.co.m.au">amy@themindfulperformer.co.m.au</a>	The Mindful Performer	<a href="http://www.themindfulperformer.co.m.au">www.themindfulperformer.co.m.au</a>	Psychologist	Sydney 2000
<p><i>Before becoming a psychologist I was a professional opera singer, working with Glyndebourne Opera and Opera Australia. I now specialise in working with performers of all disciplines, strengthening their mental health and developing their peak performance mindset. "Management of stress, nerves and performance anxiety. Increasing confidence and self esteem. Developing increased focus and concentration. Preparation for auditions. Learning how to bounce back from mistakes or sub-optimal performances. Evidence based interventions include CBT, ACT and SFBT."</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0002092083</p>						
<b>Dafna Kronental</b>	0401 503 861	<a href="mailto:dkronental@gmail.com">dkronental@gmail.com</a>		<a href="https://www.centreforindbodiywellness.com.au/dafna/">https://www.centreforindbodiywellness.com.au/dafna/</a>	Psychotherapist	Byron Bay 2481 & Online
<p><i>I am an accredited psychotherapist, writer, and researcher in the field of the performing arts. My own 15-year journey working in the industry inspired my research and advocacy for the well-being of artists and creatives. I see individuals and couples privately, and through the Indigo Project, a practice that works creatively in the mental health space. My approach is holistic and relational, incorporating my training in mindfulness, yoga, somatics, IFS, ACT, solution-focused therapy, and psychodynamic modalities.</i></p> <p>Registration details: <a href="https://www.theaca.net.au/counsellor/dafna-kronental">https://www.theaca.net.au/counsellor/dafna-kronental</a></p>						

<b>Drazenka Floyd</b>	0403 933 245	Drazenkafloyd@bigpond.com	Treat Yourself Well	<a href="http://www.treatyourselfwell.com.au">www.treatyourselfwell.com.au</a>	Psychologist	2041
<p><i>I used to work in the arts (film and television industry) before becoming a psychologist so understand some of the challenges people face working in the creative arts. I also specialise in treating eating disorders which can be commonly found in professions such as dance and acting. Even though I now practice as a psychologist, I am still deeply passionate about the arts, and feel that I can use my skills as a therapist to help those in the field that contributes so much to our culture and society.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001340743</p>						
<b>Dr Jane Miskovic-Wheatley</b>	0413 336 668	jane@sagepsych.com.au	Sage Clinical Psychology	<a href="http://www.sagepsych.com.au">www.sagepsych.com.au</a>	Psychologist	Sydney
<p><i>I am an accredited and experienced clinical psychologist with an extensive background in theatre direction, choreography and large-scale event work. I provide individual psychological support, wellness programs to performing arts companies and consultation to producers with a strong understanding of the unique challenges and opportunities this industry presents.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001123033</p>						
<b>Judy Sinclair</b>	0434 274 248	Judy.sinclair@mac.com			Psychologist	2228, 2508
<p><i>I am a musician and psychologist - of 35 years. I have worked with many high level musicians, creative and business people. I love to access the creative side of all my clients - adults and children. I see psychotherapy as an individual process where imagination can be used to facilitate growth and focus, and work towards the best future.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001140575</p>						
<b>Julie Crabtree</b>	0428 095 868	julie@zebrapsychology.com	Zebra Psychology	<a href="http://www.zebrapsychology.com">www.zebrapsychology.com</a>	Psychologist	Neutral Bay
<p><i>I co-authored the book Living With A Creative Mind - a handbook for well being for creative practitioners. I am completing my PhD in the connection between creativity and mental health, looking at protective factors for vulnerable creatives. I have spoken at a number of MEAA workshops and events. My husband and both daughters are professional practitioners in them music industry. I am co-director of the Zebra Collective - which will be the provider of the MEAA online wellness program. I deliver training to other organisations in the creative industries.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001136458</p>						
<b>Kareena Hodgson</b>	0410 514 972	<a href="mailto:kareena@the-manifesto.com.au">kareena@the-manifesto.com.au</a>	The Manifesto	<a href="http://www.the-manifesto.com.au">www.the-manifesto.com.au</a>	Counsellor	Online in Australia and world wide
<p><i>I was a circus artist working with Circus Oz as well as most contemporary Australian Circus Companies from 1990-2008. I worked internationally with DV8 Physical theatre and began retraining as a counsellor/psychotherapy in 2102. I am a humanistic counsellor and my work incorporates person centred therapy and existential therapy. I will support and sit with whatever issues you bring, with non-judgement, empathy and genuine interest in your life.</i></p>						

Registration details: <https://pacfa.org.au/portal/TherapistProfile?id=4177>

<b>Lee Knight</b>	1800 595 259	<a href="mailto:lee@depsypher.com.au">lee@depsypher.com.au</a>	Depsypher Mental Health Services	<a href="http://www.depsypher.com.au">www.depsypher.com.au</a>	Mental health nurse	2250
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*Experience with treating members of the creative arts. Complex mental health disorders, medico-legal work, forensic mental health, sexual disorders.*  
Registration details: <http://www.acmhn.org/credentialing/credentialed-mhns>

<b>Michelle Fox</b>	0413 225 092	<a href="mailto:psychology@ozemail.com.au">psychology@ozemail.com.au</a>		<a href="http://www.michellefoxwellbeing.com.au">www.michellefoxwellbeing.com.au</a>	Psychologist	Bondi, Kingsford
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*I have had the pleasure of working with many clients involved in the creative arts; ranging from students to producers, animators, actors, singers and more. I assist my clients in dealing with issues such as stress management, anxiety, depression, relationships, financial stress, self esteem and personal development. I use a variety of modalities such as psychodynamic and CBT therapy and I can offer a spiritual approach for those so inclined.*  
Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0000999050

<b>Paul Parker</b>	0491 063 099	<a href="mailto:paul@paulparkercounselling.com.au">paul@paulparkercounselling.com.au</a>	Paul Parker Counselling	<a href="http://www.paulparkercounselling.com.au">www.paulparkercounselling.com.au</a>	Counsellor	Surry Hills
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*My partner composes music for theatre and this has exposed me to a wide range people with the creative arts. My aim is to assist you to clarify what is truly important and meaningful to you, so you can use that knowledge to guide, inspire and motivate you to change your life for the better. I'm part of the LGBTQI community.*  
Registration details: <https://www.theaca.net.au/counsellor/paul-parker>

<b>Professor Dianna Kenny</b>	0425 258 275	<a href="mailto:dianna.kenny@sydney.edu.au">dianna.kenny@sydney.edu.au</a>	DK Consulting	<a href="http://www.diannakenny.com.au">www.diannakenny.com.au</a>	Psychologist	Darlington, Camperdown, Concord
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*Professor of Music, classical musician (piano, violin, singing), piano teacher (ATCL). International authority on the treatment of music performance anxiety, wrote "The Psychology of Music Performance Anxiety" (OUP, 2011). Have a psychology practice specialising in musicians. CBT and psychodynamic psychotherapy and audition preparation.*  
Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0001136350

<b>Shannon Gostelow</b>	0431 959 390		Zebra Psychology	<a href="http://www.zebrapsychology.com">www.zebrapsychology.com</a>	Psychologist	Neutral Bay
<p><i>I originally gained an acting degree at Theatre Nepean and worked as a professional actor. Given the unique 'work-style' of creatives, building resilience is important for maintaining long term psychological wellbeing. As a psychologist I am honoured to encourage tailored creative wellbeing. I enjoy working with the 'sparky ones' at Zebra Psychology and helping to bolster creative industry longevity, along with maintaining creative wellbeing using psychological strategies and therapeutic interventions.</i></p> <p>Registration details: <a href="https://www.psychology.org.au/Find-a-Psychologist?distance=5&amp;first-name=shannon&amp;last-name=gostelow&amp;drop-list-1=5&amp;state=NSW&amp;Page=0">https://www.psychology.org.au/Find-a-Psychologist?distance=5&amp;first-name=shannon&amp;last-name=gostelow&amp;drop-list-1=5&amp;state=NSW&amp;Page=0</a></p>						
<b>Shauntelle Benjamin</b>	0404 046 913	<a href="mailto:hello@theindigoproject.com.au">hello@theindigoproject.com.au</a>	The Indigo Project	<a href="http://www.theindigoproject.com.au">www.theindigoproject.com.au</a>	Psychologist	Surry Hills
<p><i>I am myself an actor and writer and member of both MEAA and AWG. I trained at Actors Centre (2010) and have been in the Sydney arts industry for 10 years. I have also worked in the musical theatre industry. The Indigo Project has a long history working with creatives, originally starting out as a practice that leased affordable venues to musicians and artists in residences. I personally work in CBT, ACT, Narrative Therapy, DBT and many others, though these are always tailored to client needs.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0002026555</p>						
<b>Simon Ward</b>	0422 259 267	<a href="mailto:simonwardpsych@gmail.com">simonwardpsych@gmail.com</a>	Grow Mindfully Centre	<a href="http://www.simonward.info">www.simonward.info</a>	Psychologist	Sydney
<p><i>I am an actor, psychologist and educator. I trained at the Actors Centre Australia &amp; at the Royal Academy of Music in Musical Theatre. I'm also a member of the MEAA Equity Wellness Committee. I have presented workshops in New York, London and across Australia on various aspects of the performing arts &amp; psychology. I work as a psychologist in private practice in Sydney, am an on call Psych for the Australian Ballet, consult for training institutions and health facilities, and continue to perform and teach.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001250106</p>						
<b>Wayne Gillespie</b>	0421 311 650	<a href="mailto:wgpsychology@gmail.com">wgpsychology@gmail.com</a>	WG Psychology	<a href="http://www.wgpsychology.com">www.wgpsychology.com</a>	Psychologist	Sydney
<p><i>Former songwriter/producer and recording artist with 16 years in recording industry before doing Hons degree in Psychology. I cowrote a seminal paper "The Personality of Rock Musicians" published in UK Journal of Music Psychology in 2000. I have been registered practicing Psychologist since 2000 in tertiary education and private practice and give discounts to clients who are underemployed in creative industries.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: Psy0001401153</p>						

## QUEENSLAND

Name	Phone Number	Email	Clinic Name	Website	Profession	Where?
<b>Aimee Davies</b>	1300 633 147	<a href="mailto:aimee@heymateproject.org">aimee@heymateproject.org</a>	The Hey Mate Project	<a href="http://www.theheymateproject.com">www.theheymateproject.com</a>	Counsellor	Nationwide; HQ: Fortitude Valley
<p><i>I have worked in the creative industries (sound engineering and owning a creative studio) for the last 12 years and specialise in the creative arts in my counselling services. Special interest in the creative industries to provide vocation specific support. Can conduct one on one and group (bands etc) sessions. Provides services in Australia and beyond during touring</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0000953713</p>						
<b>Dr Clive Jones</b>	07 5591 9561	<a href="mailto:admin@clivejones.org">admin@clivejones.org</a>	Dr Clive M Jones Psychological Services	<a href="http://clivejones.org">clivejones.org</a>	Psychologist	4217
<p><i>I have been a professional musician for over 30 years as a bassist performing across jazz, blues and contemporary pop genres. I have also performed in amateur musical theatre and have achieved gold medallions in Latin American and Ballroom Dancing. I am a specialist in performance psychology working with artists across their professional and personal lives.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0000953713</p>						
<b>Mark G McMahon</b>	0416 361 825	<a href="mailto:mgm_1969@yahoo.com.au">mgm_1969@yahoo.com.au</a>			Psychologist	All Gold Coast and Brisbane
<p><i>I have previously worked as a psychologist with the Queensland University of Technology Bachelor of Dance/ Dance Performance students. This role entailed working with all the students across 1st, 2nd and 3rd years and most of the psychology work took the form of individual psychology sessions. I take a person-centred Rogerian approach to my work, where the journey and experience of the individual is validated and appreciated. Individuals working in the creative arts industry have many of the hopes, dreams, wishes as others and this is accompanied by unique stressors and pressure to succeed at times. I have worked with clients to address performance anxiety, depression, eating disordered behaviour, body image issues, sexuality, concentration and attention, sleep issues, injury and illness, relationship, family issues, attachment issues, effective communication, non-selection, identity foreclosure, career termination, and grief and loss.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0002021512</p>						
<b>Simone Firmin-Sarra</b>	0488 506 223	<a href="mailto:balancedquartet@gmail.com">balancedquartet@gmail.com</a>			Psychologist	Brisbane
<p><i>Training in the Arts (QUT) and my work as an educator/performer within arts-based-inquiry models (20 years), informs my psychological practice. Alongside of clinical work, I offer as needed support/education to teaching artists/specialists and emerging actors at QTC. I work across the age range (13 years and older). I am inspired by a strengths-based, client-focused, social-constructivist (learning together) model, and am enriched by building a solid therapeutic alliance with my clients. My main modalities are narrative and acceptance and commitment therapy.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0002095085</p>						

## SOUTH AUSTRALIA

Name	Phone Number	Email	Clinic Name	Website	Profession	Where?
<b>Alexandra Frost</b>	08 8361 7008	alexandra.frost@attunedpsychology.com	Attuned Psychology	www.attunedpsychology.com	Psychologist	North Adelaide
<i>I am a clinical psychologist and professional singer and started my interest in working with performers following my Masters research into the treatment of musical performance anxiety in 1997. I have worked for 20 years in private practice and have worked with a range of creative people from musicians to actors, dancers, public speakers, and writers/visual artists. Issues have ranged from managing performance anxiety and facilitating peak performance to the challenges of managing relationships, improving mental health and wellbeing, managing the effects of financial insecurity, dealing with confidence and self doubt, managing suicide risk and the varied issues associated with a career in the arts.</i> Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001161968						
<b>Peter Hill</b>	4031 971 765	<a href="mailto:peterhill@internode.on.net">peterhill@internode.on.net</a>	Fullarton Community Centre		Counsellor	Fullarton
<i>Special Interests: Using Anxiety to enhance Performance</i> Registration details: <a href="https://portal.pacfa.org.au/portal/TherapistProfile?id=4111">https://portal.pacfa.org.au/portal/TherapistProfile?id=4111</a>						

## TASMANIA

Name	Phone Number	Email	Clinic Name	Website	Profession	Where?
<b>Dr Jacqui Triffitt</b>	0417 587 197	<a href="mailto:jacquit93@bigpond.com">jacquit93@bigpond.com</a>	Hill Street Psychology	<a href="http://www.hillstreetpsychology.com.au">www.hillstreetpsychology.com.au</a>	Psychologist	West Hobart
<i>I am a regular theatre and cinema goer and attend writing festivals. I have published a book.</i> Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001485450						

## VICTORIA

Name	Phone Number	Email	Clinic Name	Website	Profession	Where?
<b>Amelia Twiss</b>	0435 429 643	<a href="mailto:amelia@twisspsychology.com">amelia@twisspsychology.com</a>	Twiss Psychology Group	<a href="http://www.ameliatwiss.com">www.ameliatwiss.com</a>	Psychologist	Online & Inner Melbourne
<p><i>I work regularly with actors, musicians, visual artists and other creatives to improve their well-being and fulfilment in life. My approach is client-centred, drawing from coaching psychology, organisational psychology, emotion-focused therapy, cognitive behavioural therapy, mindfulness, and compassion. I help people connect deeply to what matters to them, supporting them to have fulfilling relationships and meaningful careers.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001703844</p>						
<b>Andrew Keegan</b>	0413 393 100		Keegan Psychology	<a href="http://www.keeganpsychology.com.au">www.keeganpsychology.com.au</a>	Psychologist	Footscray
<p><i>I graduated from NIDA in 2001 (Bachelor Dramatic Art Acting) and have been involved in theatre as both an actor and director as well as teaching drama and acting to adults and children. I have seen first hand the pressures that creative artists experience and chose to retrain in order help.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001956269</p>						
<b>Chris Cheers</b>	0401 743 482	<a href="mailto:chris@chrischeers.com.au">chris@chrischeers.com.au</a>	Chris Cheers Psychology	<a href="http://www.chrischeers.com">www.chrischeers.com</a>	Psychologist	Carlton
<p><i>During my studies I took classes in Performance Studies and was an active member of the Sydney University Drama Society. This started a love of the arts that has continued through my work in theatre and arts festivals including Melbourne Fringe, MIFF and Sydney Festival. I continue to work as a consultant psychologist to artist and arts companies in supporting artist well being and in arts practice that involve issues of mental health. I also bring this understanding as a psychologist to clients who work in the arts.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001129849</p>						
<b>Christina Hereford</b>	03 8813 0590	<a href="mailto:reception@felixandsage.com">reception@felixandsage.com</a>	Felix & Sage Psychology	<a href="http://www.felixandsage.com">www.felixandsage.com</a>	Psychologist	Heathmont
<p><i>We have relatives heavily involved in creative arts in musical theatre, dancing &amp; calisthenics. As a result of our connections, we have a strong understanding of the complexities pertaining to mental health needs of those involved in the creative arts industries &amp; a strong affinity to working in this area.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001126533</p>						

<b>Christopher Shen</b>	1800 702 273	<a href="mailto:christopher@christophershenshen.com.au">christopher@christophershenshen.com.au</a>	Christopher Shen Consulting	<a href="http://www.christophershenshen.com.au">www.christophershenshen.com.au</a>	Psychologist	Melbourne CBD
<p><i>I have previously been a freelance Actor and specialist Martial Artist. I engage Actors to conduct role play simulations in 'Dealing with Difficult Stakeholder' workplace training workshops. I have also contributed as Psychologist to the National Institute of Circus Arts performing arts school.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001121216</p>						
<b>Matt Glover</b>	0478 651 951	<a href="mailto:matt@mgacounselling.com.au">matt@mgacounselling.com.au</a>	MGA Counselling Services	<a href="http://www.mgacounselling.com.au">www.mgacounselling.com.au</a>	Counsellor	Croydon Hills, Doncaster East
<p><i>I freelance as a cartoonist and illustrator, plus run creativity programs in schools. "At MGA we used evidence based modalities to assist with mental health issues, grief, trauma, abuse recovery, relationships, spirituality, creativity blocks and the general 'stuck' places in life. MGA is also Australia's first counselling centre to offer Forest Therapy by professional counsellors."</i></p> <p>Registration details: <a href="https://www.theaca.net.au/counsellor/matt-glover">https://www.theaca.net.au/counsellor/matt-glover</a></p>						
<b>Michelle Dutton</b>	0423152832	<a href="mailto:michellelouisedutton@icloud.com">michellelouisedutton@icloud.com</a>	Northside Clinic	<a href="http://northsideclinic.net.au">http://northsideclinic.net.au</a>	GP	Fitzroy North
<p><i>My partner works in the creative arts and I appreciate the challenges of working in the arts. Artists deal with a very high level of uncertainty in terms of their work, which is often emotionally draining and not adequately remunerated. All of these things can take a toll on health and well-being.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: MED0001551416</p>						
<b>Nicki Paull</b>	0418 363 305	<a href="mailto:nicolap@netspace.net.au">nicolap@netspace.net.au</a>	Compassionate Counselling Melbourne	<a href="http://www.compassionatecounsellingmelbourne.com.au">www.compassionatecounsellingmelbourne.com.au</a> ; <a href="http://www.nickipaull.com">www.nickipaull.com</a>	Counsellor	Rowsley, 3340 ONLINE, PHONE
<p><i>I get what it's like to live as an artist - the stigma, the challenges and the triumphs. I bring 30 years as a professional actor to my practice. I'm a VCA graduate, and gave workshops all over Aus entitled 'The Business of Being an Artist'. I'm a published nom-de-plum author. "I offer pay-what-you-can-afford general counselling to my former compatriots. I specialise in ACT (would you believe?). Acceptance and Commitment Therapy. It is a Mindfulness-based modality with roots in Buddhist psychology. Please visit my site to get a feel for what to expect."</i></p> <p>Registration details: <a href="https://www.theaca.net.au/counsellor/nicki-paull">https://www.theaca.net.au/counsellor/nicki-paull</a></p>						
<b>Sonja Skocic</b>	03 9690 1080	<a href="mailto:DrSonjaSkocic@protonmail.com">DrSonjaSkocic@protonmail.com</a>	Melbourne Centre for Womens Mental Health	<a href="http://www.melbournecentreforwomensmentalhealth.com.au">www.melbournecentreforwomensmentalhealth.com.au</a>	Psychologist	Melbourne 3004
<p><i>I have a special interest in Movement and Dance, completing a Graduate Diploma in Movement and Dance many years ago which afforded me opportunities to utilise my psychology training alongside expressive arts therapy for women with body image disturbance and also for people with disabilities. Our Centre is Melbourne Centre for Womens Mental Health and we see women and girls of all ages. We have psychologists and dietitians as well as Art Therapy.</i></p>						

Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001125243						
<b>William Centurion</b>	0406 359 221	<a href="mailto:mrwillcenturion@gmail.com">mrwillcenturion@gmail.com</a>	Will Centurion: Counselling and Life-Coaching	<a href="http://www.mrwillcenturion.com">www.mrwillcenturion.com</a>	Counsellor	Prahran
<p><i>Will Centurion is a mental health practitioner who focuses on working with actors, singers and dancers. Having worked for over 20 years as a music theatre performer in Australia, Will has a lived experience understanding of extended show runs, touring, understudying &amp; cast/crew management. Will Centurion is driven towards providing members of the performing arts community practical solutions to challenges such as performance anxiety, burnout, stress, career transitioning, negative self-talk and self-doubt. His services support performers, emerging professionals and students.</i></p> <p>Registration details: <a href="https://portal.pacfa.org.au/portal/TherapistProfile?id=5455">https://portal.pacfa.org.au/portal/TherapistProfile?id=5455</a></p>						

## **WESTERN AUSTRALIA**

<b>Name</b>	<b>Phone Number</b>	<b>Email</b>	<b>Clinic Name</b>	<b>Website</b>	<b>Profession</b>	<b>Where?</b>
<b>Andrew Duirs</b>	0405 352 838	<a href="mailto:andrewduirs@psychologyforthriving.com">andrewduirs@psychologyforthriving.com</a>	Psychology for Thriving	<a href="http://www.psychologyforthriving.com">www.psychologyforthriving.com</a>	Psychologist	Attadale, Subiaco
<p><i>Personal involvement in amateur theatre; work in Tertiary Education setting; background in the use of creative arts in improving mental health and wellbeing; health promotion and prevention experience working with community arts projects; aware of extent of mental distress experienced in creative arts community.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: PSY0001608786</p>						
<b>Clair Lawson</b>	08 6143 4499	<a href="mailto:Reception@lawsonpsychology.com.au">Reception@lawsonpsychology.com.au</a>	Lawson Clinical Psychology	<a href="http://www.lawsonpsychology.com.au">www.lawsonpsychology.com.au</a>	Psychologist	Subiaco and Claremont
<p><i>We have a number of clinicians who have connections with the creative arts through hobbies, clients, family and friends. As a practice owner, I have always enjoyed creative arts as a way to manage stress and switch off from my work day. I enjoy sculpting cake creations for friends, my daughter is an artist and my brother is a musician/producer.</i></p> <p>Registration details: <a href="https://www.ahpra.gov.au/">https://www.ahpra.gov.au/</a> Registration number: Psy0001578532</p>						
<b>John Forbes</b>	0403 247 786	<a href="mailto:john@deltapsychology.com">john@deltapsychology.com</a>	Delta Psychology	<a href="http://www.deltapsychology.com">www.deltapsychology.com</a>	Psychologist	Heathridge
<p><i>I am an actor with the Actors Workshop, and have produced and appeared in improv shows at Perth's Fringeworld. I have also appeared in an ABC documentary on racism, and I am also a writer.</i></p>						

Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0001578868

<b>Lucy Dow</b>	08 9430 5995	<a href="mailto:dow_hall@optusnet.com.au">dow_hall@optusnet.com.au</a>		<a href="http://www.psychology.org.au/Find-a-Psychologist/Psychologist?id=5164789">www.psychology.org.au/Find-a-Psychologist/Psychologist?id=5164789</a>	Psychologist	Fremantle
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*My daughter has been a member of the Performing Arts Industry for over a decade, so I understand the specific demands, constraints, pressures, and joys of a performing arts lifestyle. I have also lectured at WAAPA on Psychological Health and Resilience in the Performing Arts. Work with Therapy Dog; Specialise in Anxiety; Hypnosis; Welcoming treatment environment; Behavioural Therapy; Resilience Training; Relationship Counselling.*

Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0001579797

<b>Renn Cheah</b>	0415 452 875	<a href="mailto:renn.psy@gmail.com">renn.psy@gmail.com</a>	Practices in Subiaco/Joondalup		Psychologist	Subiaco, Joondalup
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*I personally have a background in music and have a few friends working in the creative industry therefore I am aware of some of the difficulties that they face (i.e: stress, long work hours, peer pressure, politics, power dynamics, limited creative control, body image issues, low self esteem, narcissism, relationship difficulties etc).*

Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0001630526

<b>Sarah Borg</b>	0490 837 379	<a href="mailto:sarah.borg@greenroompsychology.com">sarah.borg@greenroompsychology.com</a>	Green Room Psychology	<a href="http://www.greenroompsychology.com">www.greenroompsychology.com</a>	Psychologist	Osborne Park
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*I am a performing artist (WAAPA Acting Grad, 2004) and a Clinical Psychologist, and former co-chair of Equity's Wellness Committee. I work with professional creatives and creative organisations to provide clinical psychology services (including therapy) and creative process workshops informed by psychology and mental health research.*

Registration details: <https://www.ahpra.gov.au/> Registration number: PSY0001708269