



REFERRALS

Referrals from schools and medical professionals to our service are welcomed but not required. Clients can contact us directly. We offer best practice low-cost services and aim to be accessible to all members of the community.

Please contact the clinic for our current service fees. Concessional rates are available (e.g. pension, health care card etc.). First consultation is free of charge.

TO MAKE AN APPOINTMENT

PHONE: (02) 9701 4708

(Please leave a message if the Clinic is unattended)

EMAIL: maryaikenhead.clinic@acu.edu.au

WEB: acu.edu.au/mary-aikenhead-clinic

CLINIC HOURS: Monday to Friday 9am - 5pm

HOW TO FIND THE MARY AIKENHEAD PSYCHOLOGY AND COUNSELLING CLINIC

The Mary Aikenhead Clinic
Australian Catholic University,
163-167 Albert Road, Strathfield, NSW 2135

- **Parking:** Limited onsite parking is available. Street parking is available on Albert Road, and surrounding streets.
- **Train:** Strathfield Station (note: there is a free ACU Shuttle bus service from the station to the campus).
- **Bus:** Sydney buses 407 and 483 from Strathfield Station stop on Albert Road.



THE MARY AIKENHEAD CLINIC

Psychology & Counselling Services

ABOUT THE CLINIC

The ACU Mary Aikenhead Clinic provides high quality psychological and counselling services to the community at a low cost. The Clinic is staffed by postgraduate interns who are undertaking a postgraduate qualification in psychology or counselling.

All services are overseen by registered psychologists and experienced counsellors who are skilled clinicians and trainers. Psychological and counselling interventions are chosen on the basis of clinical judgement and expertise as well as current research evidence.

Our Clinic welcomes people from all walks of life and of all cultural, ethnic and religious backgrounds. We assist children and parents, adolescents, adults, couples and families.

The Clinic's services include child, adolescent and adult counselling, psychometric assessment, and family, relationship and group therapy. The Clinic can help people with a range of difficulties including the management of anxiety disorders such as panic, and the management of mood disorders such as depression and low self-esteem.



Clinic Director

Ewa Geba MAPS, MPsych

Ewa is a bi-lingual clinical psychologist, fully accredited PBA supervisor, a member of the Australian Psychological Society and the APS College of Clinical Psychologists (CCLIN).

She completed a Master degree in clinical psychology and has over 25 years of clinical

experience both in Australia and overseas in government and non-government sector. She has worked with children, adolescents and adults with complex emotional and behavioural issues, as well as supervised registered and provisional psychologists. Ewa specialises in assessment and interventions for individuals with Autism Spectrum Disorders and other developmental difficulties, as well as trans-cultural counselling.

OUR SERVICES

Counselling and Intervention Services

The Clinic provides client-centred, evidence-based interventions and support for a range of mental health concerns. This may include individuals, couples and families seeking assistance with:

- Depression and other mood disorders
- Anxiety disorders (e.g., phobias, panic disorder, social anxiety disorder, and generalised anxiety disorder)
- Obsessive-compulsive disorder
- Trauma and stress-related issues
- Childhood behavioural and emotional difficulties
- Relationship issues
- Parenting difficulties
- Family and personal transitions (separation, relocation, new partners, older children leaving home, etc)
- Anger management
- Insomnia and other sleep problems
- Issues of loss and grief
- Work related problems and career issues
- Eating problems
- Illness management (cancer care, diabetes management, pain management)

Assessment Services

We provide a range of formal psychological assessment packages for children, adolescents and adults. All assessments involve a comprehensive interview, psychometric testing, a report and a feedback session. Assessments can be offered in the following areas:

- Cognitive/Intellectual functioning
- Learning or educational difficulties
- Clinical concerns such as anxiety and depression
- Specialised assessments of developmental difficulties of childhood e.g Autism Spectrum Disorders

Multidisciplinary Approach

The Psychology and Counselling staff at the Clinic work closely with other health disciplines at ACU Strathfield, including dietitians, exercise physiologists, social workers and ministry professionals.

Consultation with these supportive disciplines can be sought if required, ensuring the Clinic provides a balanced and comprehensive level of care to the community.

Group and Outreach Programs

At various times of the year the Clinic provides education seminars and therapy groups. These groups reflect the area of expertise of the Clinic's supervising staff and provide the opportunity to target specific issues in a structured manner. Group treatment can be before or after individual treatment, or it can be attended independently of other interventions.

Programs offered may cover the following areas:

- Anxiety and worry
- Coping with Depression
- Stress management
- Anger management
- Alcohol or other addiction problems
- Parenting and child behaviour problems
- Relaxation and mindfulness training
- Social skills development
- Self-esteem and confidence problems
- Healthy eating programs
- Developmental difficulties

