

Caroline Judson

ClinPsy

Caroline is an experienced and passionate clinical psychologist who works with individuals and families who are currently experiencing a range of emotional, behavioural and adjustment challenges. She sees children and adolescents as well as adults and families. Caroline uses a range of therapeutic models. The approach used is based on the individual's presentation and what works best for them.

Caroline is skilled at managing all levels of psychological and family challenges and getting to an understanding of the core issues. She then provides clear information and strategies in a caring manner that enable lasting change. She believes that her role in the therapeutic relationship is to understand the client's needs and wishes, and to support them achieve their best life.

Caroline's approach is empathic, respectful and non-judgemental. She is committed to her clients' well-being and enjoys working alongside them to achieve positive change.

Areas of Expertise:

Depression
Anxiety disorders and phobias
Attachment difficulties
Attention Deficit Hyperactivity Disorder (ADHD)
Autistic Spectrum Disorder (ASD) and Asperger's
Self-harming behaviours
Behavioural challenges
Grief and loss
Communication and assertiveness
Problem solving skills
Social skills
Relationship counselling
Family therapy
Gender dysphoria
Self-esteem and resilience
Parenting support
Acculturation and cross-cultural challenges

Rates:

50 minute sessions cost \$200
80 minute sessions cost \$300

There is no charge for bookings that need to be cancelled or rescheduled with 24hrs notice. Unfortunately, a full fee will apply for appointments cancelled with less than 24 hours notice.

Please feel free to contact me at cjudson.psychologist@gmail.com or via text on 0212727896 if you would like more information or to book an appointment.