

Helping You Own Your Life Again

Since 1996 the team at Hunter Psychology has been helping people from throughout the region, Maitland, Newcastle and the Hunter Valley to overcome those issues that impact on their ability to enjoy their life.

Maybe you're not sleeping well or you could be feeling anxious about an upcoming event. Do you feel under constant stress or can't relax.

Sometimes you just feel down, you're not doing those things you used to enjoy, everyone around you is getting on your nerves or you often feel sad but don't know why.

Many people suffer significant grief after the passing of someone close or even a family pet.

Do you have an uncontrollable fear? It could be of animals, mice, snakes, spiders; maybe you're afraid of flying but really want to go on that once in a lifetime overseas holiday.

Has somebody told you to seek anger management, or have you thought about that yourself?

Are you concerned about your marriage, your relationship with your children, step children or other relatives, would you like to improve those relationships?

Have you been bullied at work or school?

Are you worried about your children, their moods, their ability to interact with other people, their attitude to school or general behaviour?

Have you been the victim of a crime or faced significant stress that is affecting your life now?

Would you like to change your behaviour, eating disorders, self harm, weight loss, stop smoking?

Do you have issues around sex, your sex life or intimacy, or your sexual identity?

Do you find yourself doing or saying things which afterwards you wish you hadn't?

Do you catch yourself saying negative things about yourself either to yourself or to others?

Professional Psychologists can help with all of these and many other issues you or those close to you face in day to day life. If you're reading this, now is the time to take a step that will help improve the rest of your life.

We work with children (from school age up), adolescents, teenagers, and adults through to the elderly, as well as couples.

Dr Maryann Gauci, M.Psych (Clin). PhD

Maryann is a clinical psychologist with over 20 years professional experience. She will help you to consolidate new concepts and reflect on your resourcefulness at a deeper level so you can make change easy.



Maryann works with the assessment and

treatment of adults who are experiencing clinical levels of anxiety, depression, and chronic pain as well as helping people to manage life issues such as grief, stress, phobias, self-esteem and relationship problems.

Diana Golvers, B Sc (Psych)

Diana is a registered psychologist with over 20 years professional experience.

She provides psychotherapy for adults, adolescents and school-age children as well as couples and family therapy,

Children and adolescents are assisted with anxiety, depressive symptoms, phobias, OCD, school refusal, family conflict and issues regarding bullying and intimidation.



Dr Joanna Barlow; Psychiatrist. MBBS, DPM, FRANZCP

Dr Barlow is currently not taking on any new patients.

Tony Lawder MBus. Master Prac. of NLP & hypnosis.

Tony specialises in Quit Cigarettes & Reach Your Ideal Weight through hypnosis. He also helps people with life and business coaching issues.

Rue Cirulis B Med, BA.

Rue is a wellbeing facilitator who focuses on the changes that shape our choices towards enhancing the quality of our lives.

Debbie Carter

Debbie handles all our reception and administration. She will normally be the first person you speak with when you call our office.

Frequently Asked Questions

Do I need a Doctors referral?

You do not need a referral to make an appointment, however with a doctors referral you may be entitled to a rebate from Medicare.

How much does it cost?

That depends on who you are seeing and the type of service required. Please call our reception and we'll gladly answer.

How much do I get back from Medicare?

If you have a doctor's referral you may be entitled to a Medicare rebate. The amount of the rebate will depend on the type of referral from the doctor.

Can I claim on private health insurance?

That depends on your policy and the type of service. Every health fund is different so it's best to talk to them.

How long is a session?

Nearly always a session will be 50-55 minutes.

Is everything discussed confidential?

Yes it is, we do not disclose any information to anyone without your permission.

How do I know the psychology is working?

Clients will normally notice change in their symptoms after only a few sessions especially if they are engaging in their therapy and following through with recommended actions.

What is the difference between psychology & psychiatry?

Through counselling psychologists use proven strategies to help you learn the skills to cope with the psychological issues that concern you. Psychiatrists are medically trained doctors specialising in mental health and as such can prescribe medication.

Do we do Medical-Legal reports?

Yes we can for all sorts of purposes. Please contact our office for more details.

Do I really need to see a psychologist?

Now that's a great question? These days there is no negative stigma about seeking help for any issues that concern you. Why would you continue to try and battle through by yourself when there are highly trained and skilled psychologists who can help you quickly? We help people from all walks of life, most people walk into our rooms concerned or unhappy and walk out smiling. It does work.