



Psychology Services

WE ASSESS & TREAT

- Stress & Anxiety
- Depression
- Relationship problems
- Work/Career issues
- Low self-esteem
- Anger & adjustment issues
- Phobias
- Trauma / PTSD
- Personality disorders
- Grief & Loss
- Chronic Pain
- Addictions eg. drug/alcohol, gambling
- Several other mental health issues

WHAT WE PROVIDE

- Comprehensive Assessment & Reporting
- Evidence Based Brief Interventions
- Cognitive-Behavioural Therapy (CBI)
- Interpersonal Psychotherapy (IPT)
- Family Therapy & Interventions
- Acceptance and Commitment Therapy (ACT)
- Mindfulness-based Cognitive Therapy (MBCT)
- Dialectical Behaviour Therapy (DBT)
- Solution-focused Brief therapy (SIBI)
- Schema-focused Therapy
- Positive Psychology & Coaching
- Clinical Hypnotherapy
- Workshops & Group Interventions

WHO IS IT FOR

- Adults
- Teenagers
- Couples & Families
- Culturally and Linguistically Diverse (CALD) groups
- Victims of Crime
- Injured Workers
- WorkCover/Comcare clients
- Job Service Australia clients
- Private Health Patients
- Employee Assistance Programs
- Managers & Supervisors
- Organisations

Contact Us

- 📞 0403 174 721
- ✉ info@ilead.com.au
- 🌐 www.ilead.com.au

+ move you

- Tel: 02 9738 0040 Fax: 02 9738 0039
- Suite 16, 49 Norval Street, AUBURN 2144
- Shop 2, 159 Priam Street, CHESTER HILL 2162