

A CLINICAL PSYCHOLOGY GROUP PRACTICE · BONDI JUNCTION, SYDNEY

Considered care, *for over 16 years.*

For over 16 years, the Institute for Healthy Living has provided *evidence-based psychological care* to adults, adolescents, and children – from everyday wellbeing through complex, high-risk and comorbid presentations. Referrals are considered with attention to presentation, complexity, preferences and fit.

Bondi Junction • In-person & telehealth • Adults, adolescents & children • Pre-referral enquiries welcome

HOW TO REFER

Use the route that best fits your practice workflow. Referral documents, plans and letters can be submitted securely online or sent through established practice channels.

1

HEALTHLINK

Search: Institute for Healthy Living
EDI: **inshealh**

2

ONLINE FORM



SCAN QR
or visit [/referrals](#)
Complete, attach,
submit.

3

INTAKE EMAIL

intake@institute4healthyliving.com
Mon – Fri, 9 am – 5 pm.

4

FAX

02 8072 3963

REFERRAL PATHWAY

01

Submit referral

Use one of the referral routes above. Include the relevant referral, plan or letter, or complete the required referral details online.

02

Intake review & client call

Trained intake team reviews the referral, completes a confidential client call and matches to an appropriate clinician where suitable.

03

Placement & correspondence

Timely updates and correspondence between the IHL clinician and referring practitioner, where appropriate and with client consent.

WHY REFER TO IHL

i. Structured intake & matching

Referrals are reviewed by a trained intake team using a clear framework for suitability, complexity and fit.

ii. Clinical breadth & complexity

16+ AHPRA-registered psychologists across common, complex, high-risk and comorbid presentations.

iii. Referrer communication

Progress updates and correspondence with the referring practitioner, where appropriate and with client consent.

Clinical team.

AHPRA REGISTERED

In-person & Telehealth

Consulting Mon – Fri, 8 am – 8 pm

Pre-referral enquiries welcome · 02 8937 0667



01

Ashleigh Fararoui
PSYCHOLOGIST

*BA Psych, GradDipPsych,
MProf Psych*

ANZAED

DAYS Th
AGES Adults, Adol 17+
TX CBT, ACT, DBT, CBT-E

Eating Disorders Perinatal Mental Health
Corporate Stress Body Image
Depression


02

Ashleigh James
PSYCHOLOGIST
(REGISTRAR)

*MClinPsych, GradDip Human
Nutrition*

SIRA

DAYS M Sat
AGES Adults, Adol 16+
TX CBT, ACT, DBT,
Schema, Narrative

Emotion Dysregulation Anxiety
Relationships Stress/Burnout
Self-Esteem


03

Brooke Naylor
CLINICAL
PSYCHOLOGIST

BPsych (Hons), MPsych (Clin)

ANZAED

DAYS M T
AGES Adults, Adol 16+
TX Schema, DBT, CBT,
ACT, EMDR, CBT-E

Eating Disorders Chronic Pain Trauma
Complex Trauma Substance Use


04

Gavin Surjadinata
CLINICAL
PSYCHOLOGIST

BPsych (Hons), MPsych (Clin)

DVA

DAYS W
AGES Adults
TX CBT, ACT, MBI, Mi

ADHD/ASD Chronic Pain
Complex Trauma Depression Stress


05

Jade Shubitz
PSYCHOLOGIST
(REGISTRAR)

BPsych (Hons), MClinPsych

RETURNING 2027

DAYS On leave
AGES Adults, Adol, Ch. 5+
TX CBT, CBT-E, DBT, MI,
ACT

Child and Adolescent Mental Health
Parenting Eating Disorders
Relationships Anxiety


06

Jenn Gardner
CLINICAL
PSYCHOLOGIST

MClinPsych, BSc (Hons), MCouns

DVA

DAYS Th
AGES Adults, Adol 16+
TX EMDR, CBT, DBT,
MBI, Schema, ACT

Trauma Complex Trauma Addiction
Emotion Dysregulation
Personality Disorders


07

Jenna Doff
CLINICAL
PSYCHOLOGIST

BPsych (Hons), MPsych (Clin)

DIRECTOR

DAYS W Th F
AGES Adults
TX CBT, DBT, ACT, MI,
Schema, CBT-E

Emotion Dysregulation Addiction
Anxiety Perinatal Mental Health
Trauma


08

Kara Borecki
PSYCHOLOGIST
(REGISTRAR)

BPsych (Hons), MPsych (Clin)

SIRA

DAYS M T W
AGES Adults, Adol 12+
TX CBT, ACT, DBT, MBI,
Mi

Trauma PTSD Grief and Loss
Perinatal and Pregnancy Mental Health
Relationships


09

Naomi Radom
CLINICAL
PSYCHOLOGIST

*GradDipPsych, BSc Psych (Hons),
MClinPsych*

DAYS Th F
AGES Adults
TX Schema, CBT, ACT,
Mi, MBI, Attachment-
Informed

LGBTQIA+ OCD Minority Stress
ADHD/ASD Trauma


10

Natalie Herron
CLINICAL
PSYCHOLOGIST

BPsych (Hons), MPsych (Clin)

ANZAED

DAYS Th F
AGES Adults, Adol, Ch. 8+
TX CBT, DBT, Schema,
ACT, CBT-E

Eating Disorders
Work and University Stress Relationships
ASD Depression


11

Pip Dean
CLINICAL
PSYCHOLOGIST

*BSc (Psych), MSc (Forensic
Psych), GradDipClinPsych*

SIRA

DAYS T W
AGES Adults
TX EMDR, CBT, ACT

Trauma Complex Trauma PTSD
Relationships Self-Esteem


12

Rebecca Joyce
PSYCHOLOGIST
(REGISTRAR)

*BSc (Psych), GradDipPsych,
MClinPsych*

DAYS M T
AGES Adults, Adol 13+
TX ACT, CBT, SFT,
Schema

Emotion Dysregulation Trauma
Substance Use Anxiety Grief and Loss


13

Sarah Kewin
PSYCHOLOGIST
(REGISTRAR)

*BPsychSci, BPsychSci (Hons),
MClinPsych*

DAYS M T W
AGES Adults, Adol 13+
TX CBT, ACT, DBT,
Schema, CBT-E

OCD ADHD Emotion Dysregulation
Disordered Eating Perfectionism


14

Saria Green
CLINICAL
PSYCHOLOGIST

BPsych (Hons), MPsych (Clin)

ANZAED

DAYS T Th
AGES Adults, Adol 14+
TX Schema, DBT, ACT,
CBT, Mi, CBT-E

LGBTQIA+ Eating Disorders
Complex Trauma Minority Stress
ADHD/ASD


15

Theresa Donnelly
CLINICAL
PSYCHOLOGIST

BPsych (Hons), LLB, MClinPsych

ANZAED

DAYS W Th F
AGES Adults, Adol 16+
TX EMDR, CBT, ACT,
Schema, DBT, PMT,
CBT-E

Perinatal Mental Health Complex Trauma
Eating Disorders Parenting
Chronic Pain


16

Tracy Freedman
PSYCHOLOGIST

BPsych (Hons), MA (Psych)

COUPLES

DAYS M T
AGES Adults, Adol 13+
TX Couples
CBT, DBT, ACT, Mi,
REBT

Couples Counselling Parenting
Stress/Burnout Self-Esteem
Relationships

Presentations & approaches.

Presenting concerns, populations and therapeutic approaches.

WHO WE SEE

ADULTS	Broad range of adult presentations, including complex presentations.
ADOLESCENTS	From age 13
CHILDREN	From age 5
COUPLES	Emotionally Focused Therapy (EFT) · Gottman Method
GROUPS	DBT Skills · Trauma · Grief & Loss

FUNDING & ACCESS

MEDICARE	MHTP · EDTP · CDM · PAMP · Psychiatrist / Paediatrician Referral Letter
CTP	Motor vehicle accidents · insurer-approved treatment pathways
WORKCOVER NSW	Workplace injury · SIRA
NDIS	Self-managed · Plan-managed
DVA	DVA-registered clinician on team
VICTIMS SUPPORT	Domestic violence · Victims of crime support

CORE AREAS OF CLINICAL SUPPORT

01 · MOOD & ANXIETY

Depression · Anxiety · OCD · Bipolar · Perfectionism · Stress & Burnout · Chronic Pain

02 · EATING & BODY IMAGE

Anorexia Nervosa · Bulimia Nervosa · Binge Eating Disorder · Body Image

03 · TRAUMA & PTSD

Complex Trauma · Grief & Loss · Post-traumatic Stress Disorder · Domestic Violence · Veterans Support

04 · NEURO-AFFIRMING CARE

Attention-deficit/hyperactivity disorder · Autism spectrum disorder · neuro-affirming support

05 · PERSONALITY & EMOTION

Borderline Personality Disorder · Narcissistic · Avoidant · Emotion Dysregulation

06 · PERINATAL

Prenatal · Perinatal · Postnatal · Pregnancy & Birth Support

07 · SUBSTANCE & ADDICTION

Substance Use Disorders · Addiction · Impulse Control

08 · COUPLES & PARENTING

Couples Therapy · Relationship Difficulties · Parenting Support

09 · LGBTQIA+

Minority Stress · Gender Identity · Sexuality

THERAPEUTIC MODALITIES

Clinicians are trained across a broad range of evidence-based modalities and tailor treatment to the individual presentation. Clinical matching considers presenting concerns, complexity, age, and each clinician's training and areas of clinical interest.

ACT

Acceptance & Commitment Therapy

CBT

Cognitive Behavioural Therapy

DBT

Dialectical Behaviour Therapy

EMDR

Eye Movement Desensitisation & Reprocessing

Schema

Schema Therapy

CBT-E

Enhanced CBT (Eating Disorders)

MBi

Mindfulness-Based Interventions

SFT

Solution-Focused Therapy

PMT

Parent Management Training

Mi

Motivational Interviewing

Narrative

Narrative Therapy

REBT

Rational Emotive Behaviour Therapy

MEMBERSHIPS & ACCREDITATIONS

AHPRA · APS · ANZAED · DVA Registered · NDIS Registered · SIRA Registered · Victims Support