

## NEW VIEW PSYCHOLOGY

### Melissa Mizzi



Melissa has extensive experience working for a major public mental health service in Melbourne involving the case management of patients with complex psychiatric conditions and behavioural disturbances including schizophrenia, anxiety, depression and bipolar disorder. Melissa has worked with individual job seekers in Job Services Australia (JSA), Vocational Rehabilitation Services (VRS), and Disability Employment Services (DES) to assist them to overcome psychological barriers to gaining and maintaining employment.

Melissa counsels clients with the following issues: depression, anxiety, self-esteem issues, anger management and marriage and relationship issues.

Melissa holds Undergraduate and Post Graduate qualifications in Psychology from Monash University.

### Freddy Peredo



Freddy is a registered counselling Psychologist, who has worked with a number of client groups in Melbourne and regional Victoria. He has a particular interest in working with children, young people and individual adults dealing with various psychological issues.

These issues include managing stress, anxiety, self-esteem issues, grief & loss, depression counselling and relationships. Freddy is committed to working alongside clients using various best practice psychological approaches to discover the best possible outcome for the client.

Freddy holds a Masters Degree in Counselling Psychology from Monash University, a Bachelor of Nursing from Deakin University and a Graduate Diploma of Nursing (Critical Care) from Deakin University.

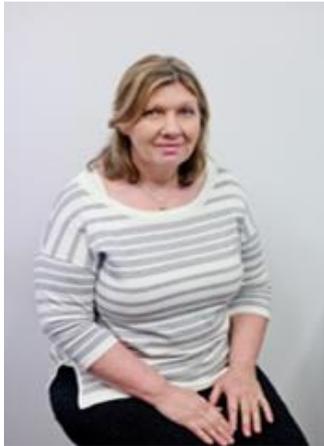
### Janelle Tulloch



Janelle is a registered psychologist and draws on over 15 years experience working with adults, children, adolescents and their families. Her areas of interest include anxiety, depression, adjustment and emotional issues and relationship conflict particularly in young children, and believes early intervention creates the best opportunity for change. Janelle has worked extensively with suicide intervention, coordinating Lifeline's suicide intervention team for several years. She also facilitates groups for young people such as Fun Friends, a resilience building program and Confident Kids.

Janelle uses evidence based therapies such as Cognitive Behavioural Therapy and Cognitive Analytical Therapy to achieve the best outcome for her clients.

## **Susan Haertel**



Susan is a registered psychologist who has a diverse range of experience including: counselling within primary and secondary schools, aged care facilities; clinic work, and disability case management. She has worked within government, non-government community agencies and the private sector, supporting individuals across the life span to facilitate healing and psychological wellbeing. Her areas of interest include: family breakdown, emotional and sexual abuse, adjustment and developmental disorders. Susan works from a person centred framework, incorporating Cognitive Behavioural Therapy (CBT), Positive Psychology, and Mindfulness Psychology, with individuals, families and couples.

Susan holds undergraduate and post graduate qualifications in Psychology and Family Studies from Australian Catholic University, and has part- completed a Master's degree in Criminology and Forensic Psychology- through the University of Melbourne.

## **Komal Bedi**



Komal has worked in a variety of areas as a registered psychologist including private practice, inpatient and outpatient hospital settings, and mindfulness programs for veterans and employment services. Her areas of expertise include: anxiety and stress management, depression, interpersonal relationships, adjustment issues, sleep issues and health related issues such as smoking cessation, alcohol abuse and weight loss. Prior to registering as a Psychologist, Komal worked as a health promotion officer with a focus on Nutrition.

She uses a range of evidence-based approaches including Cognitive Behavioural Therapy (CBT), Positive Psychology, Acceptance and Commitment Therapy (ACT), elements of Dialectical Behaviour Therapy (DBT), Motivational Interviewing (MI), Solution Focussed Therapy and Mindfulness to achieve positive results for her clients.