

Name	Ms Michelle Sproats
Statement	Michelle has over 10 years of experience working as a Clinical Psychologist and knows it takes courage for someone to seek help. Michelle offers her clients hope, encouragement and compassion as people work towards new possibilities and positive changes in their lives.
Clients	Adults Couples
Issues	Perinatal Issues, including depression & anxiety (both mothers and fathers) Relationship Difficulties and Therapies Depression Bipolar disorder Stress and Anxiety Adjustment Issues Grief and Loss
Treatment Modalities	Cognitive Behavioural Therapy (CBT) Acceptance and Commitment Therapy (ACT) Emotionally Focused Therapy (EFT) for Couples
Experience	The Melbourne Clinic Anxiety Recovery Centre Private Practice
Qualifications	Bachelor of Social Science Bachelor of Psychology (Hons) Master of Psychology (Clinical)
Affiliations	AHPRA Registration Member of the Australian Psychological Society (MAPS) Member of the Clinical College of Psychologists