

Name	Dr Cristina Cavezza
Statement	For over 10 years, Cristina has worked as a psychologist assisting individuals with mental health concerns develop better ways of coping. Originally from Canada, Cristina has worked in a variety of settings both here and overseas, including hospitals, community clinics and in private practice. Cristina believes that everyone can benefit from learning psychological principles, not just those in distress. She approaches every client with curiosity not judgement and helps clients recognise and utilise their own strengths to overcome problems. Her approach is thoughtful and caring and she places a lot of emphasis on tailoring her treatment to suit the individual.
Clients	Adults Adolescents (16 years and older)
Issues	Schizophrenia Bipolar OCD Anxiety Depression Trauma Anger Addiction Sleep Chronic Pain Stress management Self-esteem Grief Parenting Relationship Discord
Treatment modalities	CBT ACT and Mindfulness Brief solution focused therapy Motivational Interviewing Critical Incident Stress Management
Experience	Hospital settings Community based services Prisons Private Practice
Qualifications	Bachelor of Psychology with Honours Doctorate of Psychology with Endorsements in Clinical and Forensic Psychology
Affiliations	AHPRA Registration Member of Australian Psychological Society (MAPS)