

Name	Dr Sharlene Benton	
Statement	Dr Sharlene Benton helps clients to live their best life. Her warm, empathic and down-to-earth approach, assists clients to feel supported and safe when exploring their difficulties, and facilitates clients to build upon their strengths to achieve their goals. Through this process, she aims for clients to develop a stronger sense of identity, foster meaningful relationships and feel a sense of purpose. She believes that the foundation of any effective psychotherapy is an honest and collaborative therapeutic relationship.	
Clients	Adults – men and women Adolescents – aged 12 and above	
Issues	Suicide Deliberate Self-Harm/ Self-Harming Behaviours Psychotic Disorders, including first episode psychosis Substance Use disorders Personality Vulnerabilities Bipolar Disorder Obsessive-Compulsive Disorder Depression and Anxiety Disorders	
Treatment Modalities	Schema Therapy – Advanced Skills Cognitive Behavioural Therapy (CBT)	
Experience	Public Mental Health sector Co-presented for the Australian Psychological Society on managing suicide risk from a psychological perspective Provides consultation for other psychologists requiring support and up-skilling in managing clinical risk and complex presentations.	
Qualifications	Bachelor of Behavioural Science Bachelor of Psychological Science (Honours) Doctorate of Psychology (Clinical)	
Affiliations	AHPRA Registration Member of the Australian Psychological Society (MAPS) Member of Clinical College of Psychologists	