

<b>Name</b>	<b>Ms Megan Social</b>	
Statement	<p>With her warm, patient and empathetic style, Megan embraces her passion for providing a safe space where individuals can freely discuss their concerns.</p> <p>Megan understands the importance of ensuring that our minds are working for us and not against us. Her aim is to help you become the best version of yourself and improve your quality of life by increasing your knowledge of mental health and reducing your distress by challenging unhelpful beliefs.</p> <p>Megan is a clinical psychology registrar who has experience in working has working with children, adolescents and adults across a range of mental health and wellbeing concerns.</p>	
Clients	<p>Adults Adolescents (14 years and older)</p>	
Issues	<p>Anxiety Disorders (Generalised Anxiety Disorder, Social Anxiety Disorder, Phobias). Depression and Mood Disorders Self-esteem and Self-development Stress management Adjustment Difficulties Workplace Stress, Bullying Relationship Stress</p>	
Treatment Modalities	<p>CBT ACT Brief Solution Focused Therapy</p>	
Experience	<p>Prisons Hospital Settings/Inpatient Units Community Based Mental Health Services Lifeline Sydney</p>	
Qualifications	<p>Masters of Clinical Psychology Bachelor of Psychology (Honours)</p>	
Affiliations	<p>AHPRA Registration Member of Australian Psychological Society (MAPS)</p>	