



<b>Name</b>	<b>Ms Michelle Sproats</b>
<b>Statement</b>	Michelle has over 18 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.
<b>Clients</b>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Couples</li> </ul>
<b>Issues</b>	<ul style="list-style-type: none"> <li>• Perinatal Issues, including depression and anxiety (both mothers and fathers)</li> <li>• Relationship Difficulties and Therapies</li> <li>• Depression</li> <li>• Bipolar Disorder</li> <li>• Stress and Anxiety</li> <li>• Adjustment Issues</li> <li>• Grief and Loss</li> </ul>
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• Cognitive Behavioural Therapy (CBT)</li> <li>• Acceptance and Commitment Therapy (ACT)</li> <li>• Emotionally Focused Therapy (EFT) for Couples</li> <li>• Emotionally Focused Individual Therapy (EFIT)</li> </ul>
<b>Experience</b>	<ul style="list-style-type: none"> <li>• The Melbourne Clinic</li> <li>• Anxiety Recovery Centre</li> <li>• Private Practice</li> </ul>
<b>Qualifications</b>	<ul style="list-style-type: none"> <li>• Bachelor of Social Science</li> <li>• Bachelor of Psychology (Hons)</li> <li>• Master of Psychology (Clinical)</li> </ul>
<b>Affiliations</b>	<ul style="list-style-type: none"> <li>• AHPRA Registration</li> <li>• Member of the Australian Psychological Society (MAPS)</li> <li>• Member of the Clinical College of Psychologists</li> </ul>