

"I am passionate about helping people re-claim their lives from anxiety, depression, and other mental health concerns."

Lesley Smyth

ABOUT LESLEY



Lesley is a Clinical Psychologist who treats a broad range of client issues. She has a Masters degree in clinical psychology.

Lesley is registered Medicare provider, with the Australian Health Practitioners Regulation Agency (AHPRA), and is a member of the Australian Psychological Society (APS), and the Anxiety Practitioners Network (APN). Lesley regularly participates in training and professional development to continue to deliver best practice evidence-based treatments.

In addition to Lesley's private practice, she works at the Centre for Emotional Health at Macquarie University, a world renowned centre for research and treatment excellence in anxiety disorders and related emotional health concerns. Lesley also has experience working in community mental health, and the private and public hospital systems.





WHAT DOES TREATMENT INVOLVE?

Evidence shows that one of the biggest factors in successful psychological treatment is the fit between the therapist and the client. Lesley provides a supportive, understanding and listening ear.

Lesley's philosophy is that the process of psychological therapy is a collaborative one. The therapist assists the client by providing skills, encouragement and sometimes an alternative perspective; but the client is always the expert and the driver of his/her own life.

Lesley uses tools which have a strong evidence base behind them. Her training is solidly based in Cognitive Behavioural Therapy (CBT) but she also utilises other approaches including Acceptance and Commitment therapy (ACT), Mindfulness and where appropriate, a dash of humour.

Most sessions will be held at Lesley's rooms, and will often involve problem solving, learning skills and coping strategies.

Who can seek help?

- Adults and older adults
- Adolescents
- Children
- Individuals and groups

WHAT CAN A CLINICAL PSYCHOLOGIST HELP WITH?

Lesley can assist with the following concerns:

- Worry and Anxiety, including:
 - Panic and phobias
 - Separation anxiety
 - Social anxiety and shyness
 - Health anxiety
 - Obsessive Compulsive Disorder
 - Worry
 - Work stress
 - Study stress and perfectionism
- Depression and low mood, including supporting symptom management in bi-polar disorder
- Parenting and peri-natal support
- Carer support
- Assertiveness
- Sleeping difficulties
- Grief and loss
- Other concerns – call for a confidential discussion.

FEES

Sessions are typically 50 minutes and will cost \$185*. Medicare rebates are available for some issues by obtaining a Mental Health Care Plan (typically through a GP). Further details will be provided before commencing treatment.

SUMMARY OF FEES

Service	Time	Cost	Medicare Rebate ¹
Initial Assessment	60 mins	\$220.00	\$124.50
Standard Session	50 mins	\$200.00	\$124.50
Off-site Session ¹	50 mins	\$220.00	\$145.65

Reduced fees maybe available in special circumstances. Please discuss when making your booking.

CONTACT US

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