



Introducing – Lauren Stapleton Registered General Psychologist



Lauren is a registered (general) Psychologist with over 10 years experience. Lauren has an ongoing interest in providing therapeutic interventions that are tailored to suit the **client's needs**. Lauren believes it is important to provide clients with skill based interventions that can be utilised in their day to day lives while also providing a safe space to process and reflect upon their emotions, patterns of behaviours and beliefs with an understanding of their connection to the past.

EXPERIENCE:

Lauren's past experience has seen her work with children, adolescents and families who **have been victims of sexual, physical or emotional trauma**. Lauren's current work is within the public mental health sector and sees her predominantly work with children, adolescents & their families.

Lauren has worked in both private and public organisations and has a particular interest in trauma and impact on personality. In addition, she hopes to be able to provide women with additional support during the postnatal period to assist with adjusting to motherhood

Provide Services to:

Lauren has worked across all areas of the life span from children to the elderly.

AREAS OF EXPERTISE:

- Depression and other mood disorders
- Anxiety disorders
- Grief and Loss
- Adjustments Disorders
- Post-traumatic stress disorder
- Childhood behavioural disorders
- Relationship difficulties
- Personality Disorders
- Antenatal and Postnatal depression

TYPES OF TREATMENT MODALITIES USED:

Lauren is trained in CBT, ACT, IPT, MI, DBT and schema therapy and utilises **components of each for the best evidenced treatment for her client's needs**.

