

A person wearing a pink jacket and a white beanie is seen from behind, pointing their right hand towards a bright sunset over a field. The sun is low on the horizon, creating a warm, golden glow. The person's hair is blowing in the wind.

life matters

psychologists

resilience. self-worth. growth

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about us.

life produces ripples. life matters can help ease them.

Life Matters Psychologists is a psychology service aimed at helping people to thrive. Our mission is to provide psychological care of the highest quality to help people cultivate self-worth, build resilience and grow in mental wellness in order to discover their full potential. We provide a diverse range of psychological and wellness services to assist individuals, families, teams and organisations to overcome the challenges that life presents. We provide psychological assessment and counselling in key clinical areas, online psychological and wellness programs as well as corporate leadership and coaching services.

our services.

cultivating resilience, self-worth and growth.

Our psychologists see children, adolescents and adults. We treat a range of clinical areas including (but not limited to) anxiety, depression, grief and loss, sleep disorders, trauma, relationship counselling and workplace counselling. Our warm and dedicated team use therapies including Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), EDMR, Mindfulness and other evidence-based therapies. A complete list of our treatment and psychologist specialties is attached.

our commitment.

quality and collaborative care for clients and referrers.

With a warm and dedicated team at our helm, we are committed to quality in all that we do. Our aim is to collaborate with practices in a more personal and effective way, to understand what we can do to better support referrers and to increase the continuity of care for clients. Our commitment includes seeing clients within 5 days, standardised referral templates, online and phone counselling and ongoing communication with referrers after assessment and during treatment (as appropriate).

online health programs

access to ongoing health and wellbeing from home.

As part of our discharge and relapse prevention strategy, Life Matters have developed a suite of online programs to support the ongoing mental health and wellbeing of our clients. Our courses have been developed to further improve our client's mental health symptoms while being able to access treatment from home in their own time and at their own pace. Once subscribed, our courses have no expiry date and thus clients can return to the things they find most valuable and useful when needed.

fee structure.

personal care at an affordable cost.

Our fees vary depending on which psychologist is seen. With a Better Access to Mental Health Care Plan, clients will receive a partial rebate back through Medicare.

Service Type	Fee	Rebate
Clinical Psychologists	\$220	\$124.50
Registered Psychologist	\$195	\$84.80

meet our psychologists.

a warm and friendly team dedicated to client care



Matthew Stanton | Clinical Psychologist

Matthew has over 18 years of experience. He has gained his experience in private and public settings, including community specialist teams and within adult and adolescent intensive psychiatry hospital units. Matthew is skilled in psychological assessment and treatment of mental illnesses such as anxiety, depression, trauma, psychosis, adjustment disorder and pain syndromes. He has been a group facilitator for The Black Dog Institute training psychologists and building awareness of mental illness in the workplace. He loves educating corporate groups around various aspects of emotional wellbeing, resilience building and mental health management. He has a passion for organisational culture assessments, coaching employee teams from languishing and creating flourishing organisations.



Lynn Jenkins | Clinical Psychologist

Lynn has worked in private practice for over 13 years. She typically treats anxiety, depression, grief, difficulties associated with sexual abuse and relationships. Lynn's preferred treatment approaches include CBT, ACT, Mindfulness and Hypnosis. Lynn has a particular passion for early intervention. She loves to educate and assist new parents with the social/emotional aspects of the parent-child relationship, anxiety and depression during and post-pregnancy, as well as assisting children to manage emotional and behavioural difficulties. She is also a published children's author. Through her books, she helps children to examine emotional issues such as anxiety and depression and teaches them skills to overcome these challenges. Lynn is also trained as a Mindfulness teacher, offering group classes at The Meditation Space. Lynn is a passionate, empathic and engaging therapist.



Jay Richards | Clinical Psychologist

Jay has several years of experience, specialising in the assessment and treatment of mood, anxiety, substance use, trauma and personality disorders. He assists clients to manage their emotions, develop effective coping strategies and live a more rewarding and meaningful life. He applies a number of evidence-based treatment approaches including CBT, ACT, DBT, Schema Therapy, MI, EMDR and Solution-Focused approaches. Jay works with clients to develop tailored goals and management strategies. He has trained and worked in a variety of community mental health centres, hospitals and correctional facilities. He completed his PhD with a research focus on developing an understanding of what motivates individuals to engage in healthy behaviours and what motivates them not to do this. Jay is dedicated to developing collaborative therapeutic relationships grounded in mutual trust and respect and aims to empower individuals to manage problems independently and effectively.



Emma Prowse | Clinical Psychologist

Emma has over 10 years of experience. She has worked in public health and primary care, including acute and community based mental health and hospital settings. She has extensive experience in assessment and providing psychological interventions. She works with children presenting with behavioural concerns, anxiety, trauma and mood disorders. She also provides interventions to adolescents and adults with depressive disorders, bipolar-affective disorder, anxiety disorders, Post Traumatic Stress Disorder as well as adjustment disorders and relationship and work/school stressors. Emma has a special interest in treating disordered eating and supporting positive body image. She is also interested in working with co-occurring mental health and physical health concerns, such as somatic symptoms, diabetes, obesity and fatigue. Emma is experienced in providing CBT, ACT, DBT, Solution Focused Therapy and Family therapy (including Maudsley Family Therapy).

meet our psychologists.

a warm and friendly team dedicated to client care



Elizabeth Walsh | Registered Psychologist

Libby has over ten years of experience. She began her counselling in 2008 and finished her Masters of Clinical Psychology in 2015. She has extensive knowledge and experience working with adults who have work related psychological issues such as post-traumatic stress suffered from emergency service work, general stress and work anxiety issues, bullying and harassment and workplace mediation. Libby is also skilled in family therapy. Her work with children includes group and one-on-one work and common clinical issues such as social anxiety, attachment disorders and behavioural issues. She is skilled in cognitive assessments and has experience in the assessment and diagnosis of common clinical disorders such as depression, anxiety and personality disorders. Libby has Gottman Couples Therapy training and experience. She enjoys working with all ages and a range of clinical disorders and prefers working with CBT, ACT, Narrative Therapy and motivational interviewing.



Rachel Elton | Registered Psychologist

Rachel has experience working with children, adolescents and adults in both private practice and non-government sectors. She uses a client-centred approach and aims to work collaboratively with clients to achieve their goals. Her modalities include ACT, BSFT, MI, Positive Behaviour Support and CBT. Rachel has a special interest in helping children and young people with intellectual disabilities, autism, anxiety and behavioural presentations. She has a passion for making therapy interesting and interactive for children, making sessions creative and playful. Therapy also involves working with the significant people in the child's life such as parents, siblings or carers. Rachel is a registered Medicare Provider and an Associate Member of the Australian Psychological Society.



Sarah Baker | Registered Psychologist

Sarah has experience working with children, adolescents and adults in private practice. She can provide targeted intervention for a variety of mental health issues including anxiety, depression, stress management, grief and loss, emotion regulation and social skills building. Her main therapy modalities include CBT, ACT, Brief Solution Focused Therapy (BSFT), Art Therapy and Mindfulness. She has experience in helping clients navigate Social Media and their Cybersafety to support mental wellbeing. She also has a keen interest and practical experience in comprehensive psychological assessment and vocational assessment which includes career counselling to support clients entering the workforce or who are experiencing career transition. Sarah is passionate about helping clients achieve their goals using a strengths based approach that is supported by a strong therapeutic alliance. Sarah is a registered Medicare Provider and an Associate Member of the Australian Psychological Society.

psychologist specialties.
committed to client care in all areas.

	Matt Stanton	Lynn Jenkins	Libby Walsh	Jay Richards	Rachel Elton	Sarah Baker	Emma Prowse
Adults	✓	✓	✓	✓	✓	✓	✓
Children	✓	✓	✓		✓	7+ years	✓
Adolescents	✓		✓	15+	✓	✓	✓
Couples			✓				✓
ACT			✓	✓	✓	✓	
Acquired Brain Injury							
Adjustment disorders	✓	✓	✓	✓		✓	✓
Anger management	✓		✓	✓			
Anxiety	✓	✓	✓	✓	✓	✓	✓
Autism					✓	✓ not severe	
Bipolar Disorder			✓	✓			✓
Borderline Personality Disorder			✓	✓			
CBT	✓	✓	✓	✓	✓	✓	✓
Chronic illness	✓		✓	✓			✓
DBT			✓				✓
Depression	✓	✓	✓	✓	✓	✓	✓
Developmental disabilities					✓		
Diverse populations							
Domestic violence	✓		✓				
Drug, Alcohol, Gambling				✓			
Eating Disorders			✓				✓
EDMR				✓			
Grief and loss	✓	✓	✓	✓	✓	✓	
Group Therapy	✓	✓	✓	✓			✓
Intellectual Disability & Behavioural					✓		
Mediation	✓		✓				
OCD			✓	✓			✓
Pain syndromes	✓		✓	✓			✓
Panic Disorder	✓	✓	✓	✓	✓	✓	✓
Parenting	✓	✓	✓		✓		✓
Perinatal mental health		✓					✓
Phobias	✓		✓	✓			✓
Self-harming				✓			✓
Sexual abuse		✓		✓			
Sleep disorders	✓		✓	✓		✓	✓
Stress	✓	✓	✓	✓	✓	✓	✓
Substance abuse			✓	✓			
Trauma	✓		✓				✓
WorkCover Registered	✓	✓	✓				
Workplace counselling	✓		✓				



sleep matters.

sleep matters insomnia treatment course | discovering healthy sleep

The online Sleep Matters Insomnia Treatment program features 8 comprehensive webinars with proven psychological information and strategies to help individuals overcome insomnia and regain healthy sleep patterns. Guided by a clinical psychologist, the interactive series offers individuals a comprehensive step-by-step guide to help them identify, realise and implement positive sleep strategies and discover healthy sleep hygiene. Clients can enrol via our website – www.lifematters.com.au/online-programs/webinars/



career matters.

stress and resilience in the workplace online course | transformation in the workplace

The online Stress and Resilience in the Workplace program is a 2-hour interactive session working with individuals to help them understand stress and stress management and work towards building resilience in a workplace setting. Guided by a registered psychologist, the program helps individuals to identify how stress presents itself in the body, the psychological and behavioural symptoms of stress, developing stress coping mechanisms, flexible thinking and other key stress management principles that can also be applied to everyday life. Clients can enrol via our website – www.lifematters.com.au/online-programs/webinars/



rest matters.

introduction to mindfulness course | learn and practice the art of calm

The online Introduction to Mindfulness practice is a 4-part series focused on equipping individuals with the basic understanding, skills and practice methods of mindfulness. Guided by a clinical psychologist and mindfulness expert, the course offers the foundational philosophy of mindfulness, breathing exercises, the practice of gratitude as well as helping individuals to develop an overall sense of connection between their mind and body and the world around them. The series provides an accessible avenue for individuals to improve their mental well-being and practice mindfulness consistently in their own home. Clients can enrol via our website – www.lifematters.com.au/online-programs/webinars/