

Engage With Life

Children ♦ Adolescents ♦ Adults



We help people of all ages to develop new skills and practical strategies to overcome life's challenges.

Get help when you need it

Tel: 03 9489 3007

Fax: 03 9489 3004

Psychology Services

Engage 1on1 Psychologists have diverse skills and wide areas of experience. Our intake team can suggest a Psychologist with the best match of skills to help with your specific concerns:

| | | |
|------------------------|--------------------------|---------------------------------|
| <i>Anxiety/Stress</i> | <i>Relationships</i> | <i>Emotional development</i> |
| <i>Depression</i> | <i>Low self-esteem</i> | <i>Mood disorders</i> |
| <i>Trauma</i> | <i>Grief and loss</i> | <i>Assertiveness/confidence</i> |
| <i>Self-harm</i> | <i>Sleep health</i> | <i>Behaviour modification</i> |
| <i>Panic and fear</i> | <i>Unemployment</i> | <i>Anger management</i> |
| <i>OCD</i> | <i>Eating disorder</i> | <i>Separation/attachment</i> |
| <i>Social skills</i> | <i>Autism Spectrum</i> | <i>Parenting strategies</i> |
| <i>Bullying</i> | <i>Peer pressure</i> | <i>Identity and self image</i> |
| <i>Self Care</i> | <i>Substance use</i> | <i>School refusal</i> |
| <i>Sibling rivalry</i> | <i>Family conflict</i> | <i>Separation and divorce</i> |
| <i>Phobias</i> | <i>Rumination</i> | <i>Adjustment disorder</i> |
| <i>Transition</i> | <i>Relaxation skills</i> | <i>Communication skills</i> |

Engage 1on1 Psychologists use a range of evidence based therapeutic techniques:

Cognitive Behaviour Therapy (CBT), Mindfulness, Person Centred Therapy, Relationship Counselling, Acceptance and Commitment Therapy (ACT), Compassion Focussed Therapy (CFT), Play Therapy and Narrative Therapy.

Practical Strategies

181 High Street, Northcote

contactus@engage1on1.com.au

James is the Principal Psychologist for a team of thirty professionals helping people of all ages to engage with life.



At some time we all have deep worries, grief, relationship concerns, stress and other hurdles. Our team share a passion for helping people to overcome the barriers to a full and happy life.

Professional Psychology Clinic

www.engage1on1.com.au