

# Mind Mode

*Psychology and Wellness Team*

[www.mindmode.com.au](http://www.mindmode.com.au)



# Welcome to Mind Mode!

## Let us introduce you to our amazing team

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Mind Mode was built on a foundation of trust, support, fun and hard work and this is what we continue to strive for today. Every member of our team is unique and contributes something special that makes Mind Mode the welcoming, kooky and comforting place that it is.

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### **The Amazing Admin Team**

*Lets start with the people who keep everything running smoothly and allow all our clinicians to focus on what they do best, while doing best themselves! We would be absolutely lost without our amazing admin crew!*

*Patrick, Jasmine, Anna, Kara, Courtney  
(not pictured: Maddie, Jen, Taylah, Michael)*



These wonderful humans do everything to ensure your bookings run smoothly and a whole bunch of background stuff you wouldn't expect. They are in charge of making bookings, taking payments, getting your rebates through and stocking up the waiting room with hand sanitiser, Mentos, tea and coffee!

They are also the wonderful people here to greet you, help you and make you feel comfortable while you wait for your psychologist. Don't forget to say hi to them as you enter, you may get some free environmental advice from Pat, or an extra mint from Jasmine, and if you're lucky, Anna might show you how to make a cracker free coffee with our espresso machine set out specifically for clients to use.

## And now our wonderful clinicians!

Our clinicians are made up of psychologists, counsellors and dietitians who each have a unique background, personality and set of skills. Because we have such variety, when you first contact Mind Mode you may be asked to complete a 'Clinician Matchup Questionnaire' to help us know who would be best suited to you! But don't worry, we know that the relationship you have with your clinician is actually one of the most important parts of therapy, so if you're not 'vibing' just let the clinician and/or our staff know and we will make sure to find you just the right fit. Our focus is our clients and making sure their journey is a safe and meaningful one.

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### **Cathy Hayes**

*Principal Psychologist/Director - Wollongong and Campbelltown*

Cathy (she/her) has experience across a variety of sectors and presentations. Known for her passion, positive attitude, and ability to motivate others, she is eager to be on your team. Cathy works with adults, children and young adults, using a variety of methods such as CBT, CPT, ACT, Motivational Interviewing and Solution Focused Therapy. She works with clients from all backgrounds, and any gender.



### **Sarah Hough**

*Clinical Psychotherapist and Counsellor - Wollongong*

"I enjoy working with clients in a holistic and client-centred way, acknowledging that we all have our own values, goals, priorities in life. I like to appreciate the individuality within people." Sarah (she/her) is a Clinical Psychotherapist with 13 years clinical experience who is driven to help people overcome and empower themselves in their lives. Sarah works with individuals and couples and has a special interest in complex trauma, eating disorders, drug and alcohol, and relationship counselling. She is covered under Victims Services.



**Marie-Clare Biddle**

*Psychologist - Wollongong*

"We can't solve problems by using the same kind of thinking we used when we created them"

Marie-Clare (she/her) is an AHPRA Registered Psychologist who uses evidence-based treatments tailored to an individual client's needs. She draws from various therapeutic approaches including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Dialectical Behavioural Therapy and Mindfulness.



**Ailsa Graham**

*Psychologist - Wollongong*

Ailsa (she/her) is registered with AHPRA as a generalist psychologist. She recently moved to Wollongong after working in remote regional NSW for the past 10 years. Ailsa works with adults and adopts a holistic Humanistic approach utilising a biopsychosocial practice model. Ailsa's skill set encompasses trauma-related therapies within the context of sexual assault, family and domestic violence, drug and alcohol, mindfulness and self-compassion.



**Steve Petrolati**

*Psychologist - Wollongong*

Steve (he/him) has over 30 years of clinical experience, which has encompassed working with PTSD, anxiety disorders grief and loss and adjustment disorders, as well as many more. Steve is passionate about inclusivity and moving clients from a place of languishing to flourishing. Steve's sessions may include Blossom, the ultimate therapy companion, and Mind Modes cutest mascot. So, if you love a bit of canine companionship in session this is the place for you and Steve is your guy!

**Hilary Key**

*Psychologist - Wollongong*

Hilary (she/her) works with adults, couples and adolescents to help build their skills and confidence to achieve their goals. By creating a comfortable and judgement free environment, Hilary prides herself on making it easy to talk about difficult topics. Hilary specialises in providing Psychosexual Therapy and Gottman Method Couples Counselling, as well as using methods such as CBT, ACT, DBT and Attachment theory.

**Candice Nicholls**

*Psychologist - Wollongong*

Candice (she/her) is a newly registered psychologist with AHPRA and an accredited Eating Disorder clinician through ANZAED. Candice is a warm and empathetic person who brings passion, knowledge and nonjudgmental curiosity to her role. Candice works with a variety of individuals including carers of someone impacted by mental health or addiction, as well as individuals struggling with anxiety, depression, ADHD, Autism, and eating disorders.

**Annalise Tenhave**

*Provisional Psychologist - Wollongong*

Annalise (she/her) is currently completing her Masters of Clinical Psychology and is particularly interested in the impact of chronic diseases, though also sees a range of presentations, and prides herself on providing a calm, compassionate space where she works in close collaboration with her clients. Annalise typically uses Cognitive-Behavioural (CBT) and Acceptance and Commitment (ACT) approaches. She values working out what works for her client's, seeking and accepting feedback, celebrating wins with her client's and holding space for setbacks.



**Jeremy Maksour**

*Psychologist - Wollongong*

Jeremy (he/him) is passionate, playful, and practical in personality and evidence-based in his approach. He aims to help clients to first work out what their version of their best selves looks like, and then the steps to get there. Jeremy loves doing this work particularly when clients are facing difficult or challenging situations, thoughts, and feelings and celebrates the differences made when his clients walk away with a deeper knowledge of themselves, and a sense of self-trust that creates a foundation of resilience.



**Katie Magambo**

*Psychologist - Wollongong*

Katie (she/her) is a warm and gentle psychologist who has experience across a range of settings, from AOD & gambling, to refugee mental health and private practice. Katie is passionate about providing high-quality psychological services to adults and her particular areas of interest include trauma, anxiety, depression, perinatal mental health, AOD, existential concerns and how psychology can be practiced across different cultures and contexts.



**Jack Hudson**

*Psychologist - Wollongong and Campbelltown*

Jack (He/Him) is a Registered Psychologist with AHPRA. He works with clients aged 5 and above, from any cultural background or gender identity, presenting with a range of issues. Jack is motivated to provide a supportive environment for all of his clients and believes in individualised treatment plans based on the latest research and affirming care. Jack has experience with evidence-based approaches such as Dialectical Behaviour Therapy (DBT), Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT).



**Rebecca Bonfield**

*Clinical Psychologist Supervisor – Campbelltown*

Rebecca (she/her) has completed a Master of Psychology (Clinical) and is registered with AHPRA as a Clinical Psychologist and supervisor. Rebecca works from a client-centred approach, tailoring the treatment to suit each client's individual needs. She creates a genuine and non-judgmental space for clients to explore their strengths and challenges and uses evidence-based treatments such as CBT, Schema therapy and more.

Rebecca also provides supervision for psychologists, registrar psychologists and provisional psychologists.



**Christie Picken**

*Psychologist – Clinical Registrar - Campbelltown*

Christie (she/her) is a registered psychologist and has completed a Master of Psychology (Clinical). She is currently completing her registrar program and is well on her way to be endorsed as a Clinical Psychologist. Christie works from a place of curiosity and non-judgement. She believes in working as a team with her client's and approaches every session with a tailored approach. Christie has a history of working in crisis management, as well as in the neurodiverse space and approaches therapy with genuine curiosity and care.



**Kelly Molloy**

*Psychologist – Campbelltown*

Kelly (she/her) works with clients aged 18 and above, from any cultural background or gender. Kelly is motivated to provide a safe and supportive environment for all of her clients and it is important to her that she work alongside you in achieving your goals. Kelly believes that each individual is unique, and therefore, deserving of individualised treatment. Kelly utilises skills from treatment methods to support clients struggling with a range of mental health concerns such as anxiety, depression, complex trauma, personality disorders, ADHD and eating disorders.





**Patrick Taylor**

*Psychologist – Campbelltown*

Meet Patrick, an experienced psychologist with over a decade of dedicated service in the disability support field. Patrick adopts a neuro-affirmative, non-judgmental, and compassionate approach, working empathetically and holistically. His primary goal is to establish a safe and trusted environment that empowers individuals to achieve their goals and overcome life's challenges. Patrick has honed expertise working predominantly with children and adolescents within the NDIS and disability fields.



**Emily Okros**

*Clinical Counsellor - Wollongong*

Emily (she/they) has completed a Masters in Counselling and is registered with PACFA as a Clinical Counsellor. She has a special interest in gender and sexual identity, trauma, addiction and grief, and works from a trauma and violence informed, client centred approach. Emily is passionate about tailored therapy and has experience in Mindfulness-based CBT/DBT, Internal Family Systems, and Narrative/Art therapy techniques. Her approach is centred on building an authentic relationship that supports individuals to move beyond their past and present difficulties, toward meaningful lives.

# And these are our amazing Dietitians!

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**Denelle Cosier**

*Accredited Practising Dietitian Wollongong*

Denelle (she/her) believes that we live in a society consumed by dieting and obsessed with body weight, which can result in disordered eating behaviours and negative impacts on mental health. By acknowledging that people can be healthy in any body shape and size, Denelle seeks to empower her clients with knowledge and confidence to listen to their bodies. Denelle practices within a HAES (TM) and non-diet framework and is trained in providing nutritional treatment for a number of conditions including: eating disorders such as Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder, and more.



**Emma Ware-Maloney**

*Dietitian - Wollongong*

Emma (she/her) is a compassionate and dedicated dietitian with a specialisation in eating disorders. With a wealth of expertise and a genuine commitment to holistic well-being, Emma brings a unique blend of nutritional knowledge and empathetic understanding to support individuals on their journey to recovery.

Through personalized counselling and evidence-based interventions, Emma hopes to empower clients to cultivate a healthy relationship with food and their bodies. With a passion for dismantling stigmas surrounding eating disorders, she strives to create a nurturing space where individuals can find healing, resilience, and rediscover the joy of nourishing both body and mind.



# Mind Mode

Your Psychology, Dietetics & Wellness Team

## Why choose Mind Mode?

- **You!** - Because the reason we exist is to help you.
- **Genuine curiosity about you** – we really want to know who you are and understand where you're coming from.
- **Professional and empathetic** – we understand that it's hard speaking to a stranger about what really affects you.
- **No judgement** – trust us, we know there is no such thing as normal.
- **We're local** - we are all locals ourselves, so are able to help you engage in further supports outside of therapy too.
- **Community** – we love our Mind Mode community. From the moment you walk in you will feel cared for and know you have gotten yourself an instant support team.



Registered NDIS Provider

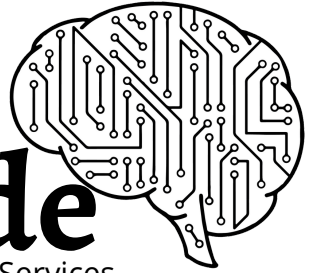


Victims Services  
Approved  
Counsellors



# Mind Mode

Professional Psychological & Wellbeing Services




For more information or to Make a Booking please see our website ([www.mindmode.com.au](http://www.mindmode.com.au)) or use the following contact information

 02 4288 4667

 [admin@mindmode.com.au](mailto:admin@mindmode.com.au)

 02 9049 5021

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