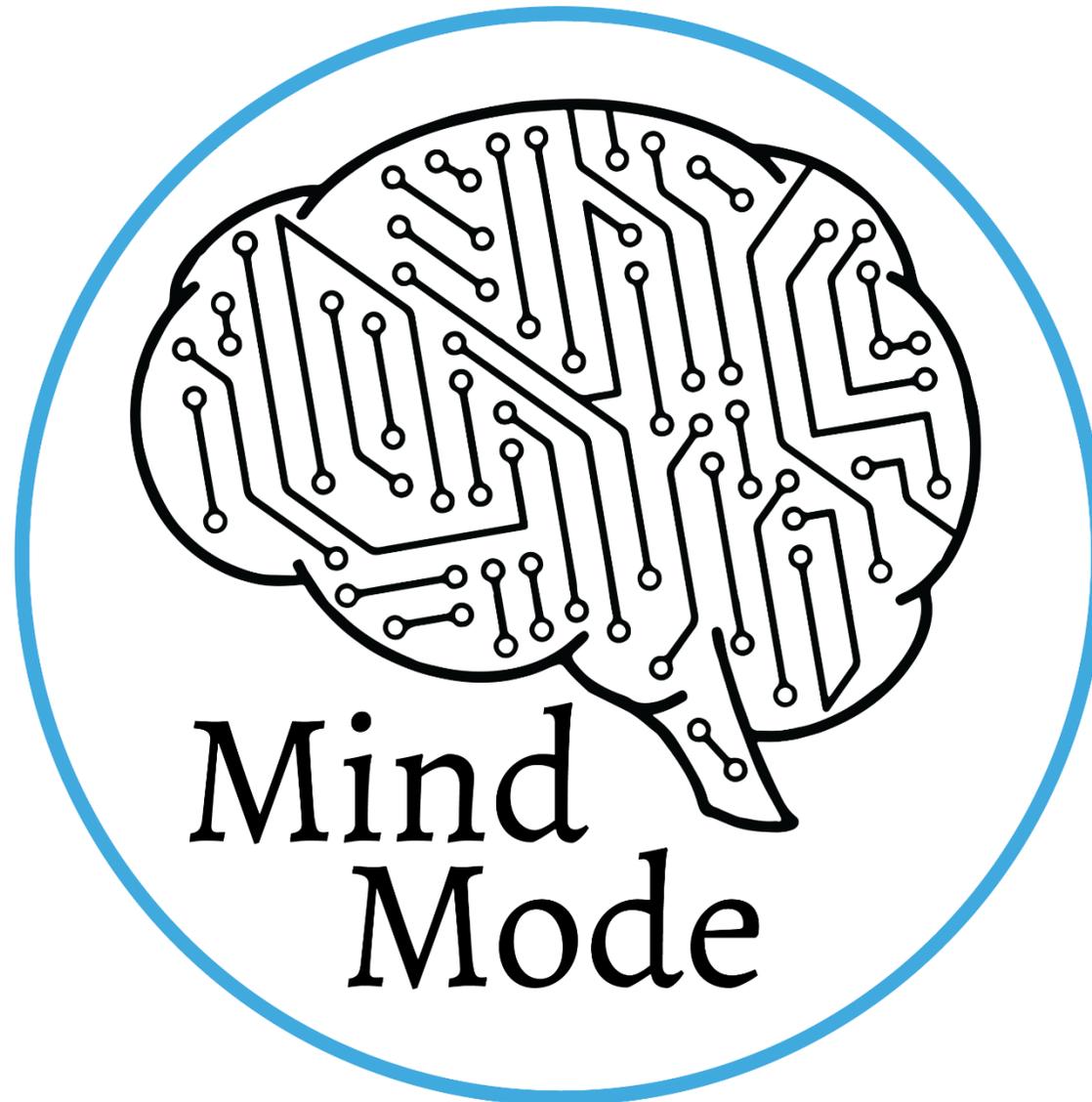


# Meet the Team @







**Cathy Hayes**  
**Principal Psychologist**

*"I am passionate about mental health and helping people to grow. My aim is to create autonomy, to build clients up and teach skills that ensures progress that can be maintained long term."*

Cathy (she/her) has experience across a variety of sectors and presentations. Known for her passion; positive attitude, and her 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.

Cathy uses techniques to help people suffering from a range of mental health issues including mood and adjustment disorders, anxiety, depression, PTSD, bipolar & adjustment disorder. She feels passionately about working with people on increasing their self-esteem and assertiveness skills and working with couples to rebuild and strengthen relationships.



**Rebecca Bonfield**  
**Clinical Psychologist**

Rebecca (she/her) has completed a Master of Psychology (Clinical) and is registered with AHPRA as a Clinical Psychologist. 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.

Rebecca provides evidence-based treatment and assessment using Schema Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Cognitive Behavioural Therapy, Mindfulness Meditation, Motivational Interviewing and working from a strengths-based model.

She has assisted clients with a wide range of clinical presentations. These include: Complex Trauma, Borderline Personality Disorder, PTSD, anxiety and depressive disorders, chronic pain, suicide prevention, non-suicidal self-harm and relationship, stress and adjustment issues.

Rebecca is available to provide individual services under the Medicare and Work Cover NSW schemes. She is also a Board-approved supervisor and is available to supervise Registered Psychologists, Clinical Psychology Registrars and post-graduate students who require short-term placements.





**Dr. Melinda Hickey**  
**Clinical Psychologist**

Melinda (she/her) has completed a PhD (Clinical Psychology) and is registered with AHPRA as a Clinical Psychologist.

She works with adults with a range of concerns including stress, loss, mood and anxiety disorders, relationship difficulties, and low self-esteem. She has a special interest in complex trauma and chronic difficulties with emotion regulation and interpersonal relationships.

Melinda predominantly uses Schema Therapy and also draws on Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, and Psychodynamic Theory, depending on the individuals' needs.

Melinda's approach is centred on building an authentic relationship that supports individuals to move beyond their past and present difficulties, toward meaningful lives.

Melinda completed a PhD in neurofeedback and works with clients who have traumatic brain injuries, anxiety, depression, ADHD and concentration issues. Neurofeedback is a method by which our brain waves are evaluated and encouraged to change through various feedback techniques. See our website or contact us for more details.



**Marie-Claire Biddle**  
**Psychologist**

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

Marie-Claire (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.

Marie-Claire has experience in the delivery of both individual and group psychological interventions and is passionate in supporting people presenting with a wide range of mental health concerns including mood disorders, grief, and interpersonal problems.

She provides a non-judgemental and supportive space to explore a client's internal world. Her approach is client centred and she works collaboratively with clients to accomplish their goals and create rich, meaningful lives.





**Helena Rontziokos**  
**Clinical Psychologist**

Helena (she/her) is registered with AHPRA as a Clinical Psychologist. She works with children and adults of all genders.

Helena works with people wanting to gain a greater understanding of their experiences and to learn new ways to navigate their difficulties. She works with people experiencing stress, grief, relationship pressures, low motivation, low self-esteem, depression, anxiety, complex trauma and/or bipolar disorder. She is informed by evidence-based practices including Cognitive Behavioural Therapy approaches alongside Acceptance and Commitment Therapy, Dialectical Behaviour Therapy and Mindfulness. She uses a holistic lens and is guided by Attachment and the relationship we hold with ourselves and others.

Helena has completed the Gottman level 2 training and works with couples and individuals to create, strengthen and repair relationships, as well as provide skill development and practical guides to encourage a couple to gain the confidence in being able to resolve issues internally and share healthy love and communication.

Helena aims to create a safe and non-judgmental space that is collaborative and warm. She hopes she can facilitate an open and honest dynamic, supporting you to lead a life more in line with your values.



**Ailsa Graham**  
**Psychologist**

*"If you want **others** to be happy, practice compassion. If **you** want to be happy, practice compassion" - Dalai Lama*

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. She uses a range of therapeutic interventions including Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Trauma-Focused CBT, Dialectical Behaviour Therapy (DBT), Solution-Focused Brief Therapy, Motivational Interviewing and Exposure Therapy.

Ailsa provides individual services under the Medicare, Work Cover NSW, NDIS and Open Arms schemes.





**Denelle Burgess**  
**Dietician**

Denelle (she/her) completed a Bachelor of Nutrition and Dietetics (Honours) from the University of Wollongong and is an Accredited Practising Dietitian.

We live in a society consumed by dieting and obsessed with body weight and size, however these can have negative impacts on your mental health and lead to disordered eating patterns. By acknowledging that you can be healthy in any body shape and size, Denelle seeks to empower her clients with knowledge and confidence to listen to their bodies and find an eating pattern tailored to their needs.

Denelle recognises that health is much more than physical, and is passionate about providing dietetic consulting that contributes to the mental and emotional wellbeing of her clients. Previously working in a non-dietetic community mental health role, Denelle has experience working with mental health consumers and a unique understanding of the challenges faced by these clients.

Denelle is passionate about combining her dietetic training and experience in the mental health field with the services offered at Mind Mode. Denelle has undertaken additional training in the treatment of disordered eating patterns and can see client's eating disorders like bulimia nervosa and anorexia nervosa.



**Candice Nicholls**  
**Provisional Psychologist**

Candice (she/her) is currently completing her final years of becoming a registered psychologist, she brings major amounts of enthusiasm, intelligence and knowledge to her role and will be seeing clients at a reduced rate during her internship year with us at Mind Mode.

Candice has knowledge across a number of different psychological techniques and will be supervised by a number of psychologists with the aim of building on the knowledge she already has.

Candice is very passionate and personable. She works collaboratively with her client's to develop therapeutic plans and supports her client's progress and journeys with a non-judgemental compassionate nature. In fact, just being in her presence can be therapeutic in itself!

Candice has recently completed her training with The Australian Centre for Eating Behaviour (ACFEB) and together with Denelle our Dietitian, they make a dynamic team to treat clients presenting with eating disorders.

Candice will be available Tuesdays to Fridays. Please be aware that sessions with Candice do not attract a Medicare rebate, though she provides her services at a lesser rate in acknowledgement of this.





**Sarah Hough**  
**Clinical Psychotherapist and Counsellor**

Sarah (she/her) is a Clinical Psychotherapist who says she is "driven to help people overcome and empower themselves in their lives."

Sarah has an undergraduate degree in Psychology with a Masters in Criminology and Criminal Justice as well as a Masters of Counselling and Psychotherapy. She has clinical registration with PACFA and an extensive background working with complex client's with a history of trauma and addiction.

Sarah has also completed level 2 of the Gottman Couples Counselling method and is eager to work with couples to overcome difficulties and strengthen relationships through practical strategies. Sarah also has extensive experience in counselling those with Cognitive Impairment.

Sarah likes to create an individualised approach to each client and has experience counselling people with a range of diagnoses including; anxiety, depression, personality disorders, etc. (see our services page). Sarah works as a trauma-informed therapist and it is important to her that the therapy work is collaborative and promotes safety and autonomy.

Sarah works Fridays and one Saturday a month. Please be aware that sessions with Sarah do not attract a Medicare rebate however, her services are covered under a number of Private Health Providers and under the NDIS.



**Hilary Key**  
**Provisional Psychologist**

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
Maya Angelou

Hilary (she/her) works with client's age 5-90+ and is here to work across a range of issues including depression, anxiety, stress, motivation and relationship difficulties.

Hilary has a Master's Degree in Sexology, has training in Gottman Couples Counselling and experience in working with sexual health and dysfunction. Her interests lie in relationships, sexual health and interpersonal communication and she is passionate about being open and non judgemental in her pursuit of helping client's create and maintain healthy and positive relationships.

Hilary has also worked with client's of all ages and who present with neurodevelopmental disabilities including autism spectrum disorder, attention deficit hyperactivity disorder (ADHD) and intellectual disability. She works collaboratively with the client, their families and their other supports to help them meet their psychological goals.

Hilary will be available Tuesdays through to Fridays. Please be aware that sessions with Hilary do not attract a Medicare rebate, though she provides her services at a lesser rate in acknowledgement of this.

