

PSYCHOLOGISTS

Mr Martin Sharman



Martin has worked in Psychiatry since 1993 as a Nurse, Adolescent Milieu Therapist and since 1997 as a psychologist, team leader and manager in the Victorian public psychiatric services. He has a Graduate Diploma in Adolescent and Child Psychology and a Masters Degree in Clinical Psychology from the University of Melbourne. He is an APRHA endorsed Clinical Psychologist and member of the APS.

Since 2002 he has worked with high prevalence disorders across the life span (Anxiety & Depression), early psychosis in primary care and led the south East Primary Mental Health team, the Adult and Adolescent Consultation Liaison Psychiatry and the Gender Dysphoria Services at Southern Health.

Martin works in the therapeutic modalities of CBT, IPT and ACT and has a strong focus on client centred and evidence based treatments. His primary interests are in the treating of Anxiety, Depression and other significant and acute psychiatric presentations.

Ms Melissa Mizzi



Melissa has extensive experience working for a major public mental health service in Melbourne involving the case management of patients with complex psychiatric conditions and behavioural disturbances including: schizophrenia, anxiety, depression and bipolar disorder. Melissa has worked with individual job seekers in Job Services Australia (JSA), Vocational Rehabilitation Services (VRS), and Disability Employment Services (DES) to assist them to overcome psychological barriers to gaining and maintaining employment.

Melissa has extensive experience in counselling clients with the following issues: depression, anxiety, self-esteem issues, anger management and marriage and relationship issues.

Melissa holds Undergraduate and Post Graduate qualifications in Psychology from Monash University.

Mr Freddy Peredo



Freddy is a registered counselling Psychologist, who has worked with a number of client groups in Melbourne and regional Victoria. He has a particular interest in working with children, young people and individual adults dealing with various psychological issues.

These issues include managing stress, anxiety, self-esteem issues, grief and loss, depression counselling and relationships. Freddy is committed to working alongside clients using various best practice psychological approaches to discover the best possible outcome for the client.

Freddy holds a Masters Degree in Counselling Psychology from Monash University, a Bachelor of Nursing from Deakin University and a Graduate Diploma of Nursing (Critical Care) from Deakin University.

Dr Helen Power



Helen is a registered clinical Psychologist in private practice and in the public mental health services, assisting adults from young to older age. Helen is currently working with adults at Rowville Health.

She uses different therapeutic modalities for treating anxiety disorders and delivering depression counselling, such as person-centred supportive counselling, Interpersonal Therapy (IPT), Cognitive Behavioural Therapy (CBT) and brief psychodynamic therapy.

She has a Bachelor of Arts Degree in Psychology and Philosophy from Deakin University, Post Graduate Diploma in Applied Psychology from Monash University, and has graduated from the Doctoral program in Clinical Psychology from Victoria University.

Ms Janelle Tulloch



Janelle is a registered psychologist and draws on over 15 years experience working with adults, children, adolescents and their families.

Her areas of interest include anxiety, depression, adjustment and emotional issues and relationship conflict particularly in young children, and believes early intervention creates the best opportunity for change.

Janelle has worked extensively with suicide intervention, coordinating Lifeline's suicide intervention team for several years. She also facilitates groups for young people such as Fun Friends, a resilience building program and Confident Kids.

Janelle uses evidence based therapies such as Cognitive Behavioural Therapy and Cognitive Analytical Therapy to achieve the best outcome for her clients.

Dr Rashika Gomez



Rashika is a Clinical Psychologist and has been working in private practice since 2010. She is experienced in working across a diversity of patient demographics and needs. She has previously worked at the University of Melbourne, The Royal Children's Hospital, The Monash Medical Centre, and Foundation House.

Rashika works with patients of all ages, with a wide range of presentations including, but not limited to, mood disorders including depression and bipolar, anxiety disorders, abuse, trauma and PTSD, adjustment issues, post-natal issues, relationship issues, workplace issues and bullying, bereavement and grief.

Rashika specialises in Cognitive Behaviour Therapy and uses a wide range of evidence-based approaches including Acceptance & Commitment Therapy, Motivational Interviewing, and Solution Focussed Therapy.