



ABOUT

Maryanne Priest is a registered General Psychologist with the Australian Health Practitioner Regulation Agency (AHPRA), an Associate member of the Australian Psychology Society (APS) and the Australian Association of Psychologists Inc. (AAPi).

She is a registered service provider under Medicare (provider no. 5898234T). She is also registered to provide sessions through WorkCover and NDIS.

Maryanne's philosophy -

The Biopsychosocial Model views health and illness behaviours as products of biological characteristics (such as genes), behavioural factors (such as lifestyle, stress, and health beliefs), and social conditions (such as cultural influences, family relationships and social support).

Maryanne applies this model to her therapy practice. It establishes a concise understanding of the client, it aides in developing personalised strategies and interventions AND most importantly provides the client with an enduring positive holistic mental health outcome.

Maryanne's office is centrally located in Coffs Harbour with ample parking and easy access.

SERVICES

- Face to face
- Telehealth
- Individual Counselling
- Couples
- Group
- Children, Adolescents and Adults
- Assessments
- Reports

MODALITIES

Maryanne is a highly qualified client-centred psychologist compassionately committed to working with clients suffering from a broad range of mental health concerns. She tailors therapy to suit the individual, drawing on a number of evidence based practices including -

- The therapeutic alliance
- psychoeducation
- Cognitive Behavioural Therapy
- Interpersonal psychotherapy
- Couples counselling
- Family systems therapy
- Motivational Interviewing
- Mindfulness and breath retraining e.g., pranayama

THERAPY FOR

- Trauma and stressor related disorders
- Mood disorders
- Anxiety disorders
- Substance abuse
- Eating disorders
- Body dysmorphia
- Sleep difficulties
- Stress management
- Relationships
- Anger management
- Gender identity
- Grief and loss

Psychology ONE TO ONE
Keeping your mind healthy

1/189 Harbour Drive COFFS HARBOUR NSW 2450
 P - +61 0455 555 171
 F - +61 291 716 523
 E - info@psychology121.com.au
 W - psychology121.com.au