

A CLINICAL PSYCHOLOGY GROUP PRACTICE · BONDI JUNCTION, SYDNEY

# Considered care, *for fifteen years.*

For over fifteen years, the Institute for Healthy Living has provided *evidence-based psychological care* to adults, adolescents, and children – from everyday wellbeing through complex, high-risk and comorbid presentations. Every referral is matched to the right clinician by presentation, complexity and fit.

#### PHONE

02 8937 0667  
Mon – Fri, 9 am – 5 pm

#### INTAKE

intake@institute4  
healthyliving.com

#### HEALTHLINK EDI

**inshealh**  
Search: Institute for Healthy  
Living

#### ADDRESS

Suite 306, 3 Waverley St  
Bondi Junction NSW 2022

#### WHY REFER TO IHL

##### i. Comprehensive intake & clinician matching

All referrals triaged by a trained team. A structured intake framework matches clients to the right clinician by presentation, complexity, and autonomy.

##### ii. Depth of clinical capability

15+ AHPRA-registered psychologists across the full spectrum of presentations, including complex, high-risk and comorbid cases.

##### iii. Timely access & continuity

Referrals reviewed during business hours. Progress reports and clinical correspondence to the treating team, with client consent.

##### iv. Evidence-based & integrative

CBT, DBT, Schema, EMDR, ACT and other modality-informed approaches. Treatment tailored to presentation and goals.

#### REFERRAL PATHWAY

## 01

##### Submit referral

Via HealthLink, online form, intake email or fax. Accepted: MHTP · EDTP · CDM · PAMP · Psychiatrist / Paediatrician Referral Letter.

## 02

##### Clinician matching

Detailed clinical review by presentation, complexity, age, comorbidities, and clinician expertise. Thorough by design.

## 03

##### Appointment & feedback

Appointment options confirmed after intake review. Progress reports at clinically appropriate intervals, with consent.

#### HOW TO REFER

### 1

##### HEALTHLINK EREFERRAL

Search: Institute for Healthy  
Living  
EDI: inshealh

### 2

##### ONLINE FORM



SCAN OR  
or visit /referrals  
Complete, attach,  
submit.

### 3

##### INTAKE EMAIL

intake@institute4  
healthyliving.com  
Mon – Fri, 9 am – 5 pm.

### 4

##### FAX

02 8072 3963

# Presentations & approaches.

Presenting concerns, populations and therapeutic approaches.

## WHO WE SEE

ADULTS	All presentations
ADOLESCENTS	From age 13
CHILDREN	From age 5
COUPLES	Emotionally Focused Therapy (EFT) · Gottman Method
FAMILIES	Systemic Therapy · Parent-child work · Family therapy
GROUPS	DBT Skills · Trauma · Grief & Loss

## FUNDING & ACCESS

MEDICARE	MHTP · EDTP · CDM · PAMP · Psychiatrist / Paediatrician Referral Letter
CTP	Motor vehicle accidents · insurer-approved treatment pathways
WORKCOVER NSW	Workplace injury · SIRA
NDIS	Self-managed · Plan-managed
DVA	DVA-registered clinician on team
VICTIMS SUPPORT	Domestic violence · Victims of crime support

## CORE AREAS OF CLINICAL SUPPORT

### 01 · MOOD & ANXIETY

Depression · Anxiety · OCD · Bipolar · Perfectionism · Stress & Burnout · Chronic Pain

### 02 · EATING & BODY IMAGE

Anorexia · Bulimia · Binge Eating · Body Image

### 03 · TRAUMA & PTSD

Complex Trauma · Grief & Loss · Abuse (all types)

### 04 · NEURODEVELOPMENTAL

ADHD-informed and autism-informed therapy support for adults and adolescents

### 05 · PERSONALITY & EMOTION

Borderline · Narcissistic · Avoidant · Emotion Dysregulation

### 06 · PERINATAL

Prenatal · Perinatal · Postnatal · Pregnancy & Birth Support

### 07 · SUBSTANCE & ADDICTION

Substance Use Disorders · Addiction · Impulse Control

### 08 · COUPLES & FAMILY

Couples Therapy · Family Therapy · Relationship Difficulties · Parenting

### 09 · LGBTQIA+

Minority Stress · Gender Identity · Sexuality

## THERAPEUTIC MODALITIES

Clinicians are trained across a broad range of evidence-based modalities and tailor treatment to the individual presentation. Clinical matching considers presenting concerns, complexity, age, and each clinician's specific training and expertise.

### ACT

Acceptance & Commitment Therapy

### CBT

Cognitive Behavioural Therapy

### DBT

Dialectical Behaviour Therapy

### EMDR

Eye Movement Desensitisation & Reprocessing

### Schema

Schema Therapy

### CBT-E

Enhanced CBT (Eating Disorders)

### MBi

Mindfulness-Based Interventions

### SFT

Solution-Focused Therapy

### PMT

Parent Management Training

### Mi

Motivational Interviewing

## MEMBERSHIPS & ACCREDITATIONS

APS · AHPRA · ACPA · ANZAED (Eating Disorder Accredited) · DVA Registered · NDIS Registered · SIRA Registered · Victims Support

# Clinical team.

AHPRA REGISTERED

In-person & Telehealth

Consulting Mon – Fri, 8 am – 8 pm

Pre-referral enquiries welcome · 02 8937 0667



**01**  
**Ashleigh Fararoui**  
PSYCHOLOGIST  
*BA Psych, GradDipPsych, MProfPsych*  
**ANZAED**  
DAYS Th  
AGES Adults, Adol  
TX CBT, ACT, DBT, CBT-E  
AREAS Eating, Body Image, Anxiety, Depression, Stress



**02**  
**Ashleigh James**  
PSYCHOLOGIST  
*MClinPsych, GradDip Human Nutrition*  
**SIRA**  
DAYS M Sat  
AGES Adults, Adol 16+  
TX CBT, ACT, DBT, Schema, Narrative  
AREAS Anxiety, Depression, Trauma, Emotion Dysregulation, Relationships



**03**  
**Brooke Naylor**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), MPsych (Clin)*  
DAYS MT  
AGES Adults, Adol 16+  
TX Schema, DBT, CBT, ACT, EMDR  
AREAS Anxiety, Depression, Eating, Trauma, Chronic Pain



**04**  
**Gavin Surjadinata**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), MPsych (Clin)*  
DAYS W  
AGES Adults  
TX CBT, ACT, MBI, Mi  
AREAS Anxiety, Stress, Depression, Trauma, Chronic Pain, ADHD/ASD



**05**  
**Jade Shubitz**  
PSYCHOLOGIST  
*BPsych (Hons), MClinPsych*  
**RETURNING MID-2026**  
DAYS On leave  
AGES Adults, Adol, Ch. 5+  
TX CBT, CBT-E, DBT, Mi, ACT  
AREAS Eating, Anxiety, Depression, Parenting, Relationships



**06**  
**Jenn Gardner**  
CLINICAL PSYCHOLOGIST  
*MClinPsych, BSc (Hons), MCouns*  
**DVA**  
DAYS Th  
AGES Adults, Adol 16+  
TX CBT, EMDR, DBT, MBI, Schema, ACT  
AREAS Trauma, Personality, Addiction, Anxiety, Depression, Relationships



**07**  
**Jenna Doff**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), MPsych (Clin)*  
**DIRECTOR**  
DAYS W Th F  
AGES Adults  
TX CBT, DBT, ACT, Mi, Schema  
AREAS Anxiety, Personality, Addiction, Depression, Trauma, Perinatal



**08**  
**Kara Borecki**  
PSYCHOLOGIST  
**(REGISTRAR)**  
*BPsych (Hons), MPsych (Clin)*  
**SIRA**  
DAYS MTW  
AGES Adults, Adol, Ch., Fam.  
TX ACT, CBT, Mi  
AREAS Self-Esteem, OCD, Anxiety, Depression, Trauma, Parenting



**09**  
**Naomi Radom**  
CLINICAL PSYCHOLOGIST  
*GradDipPsych, BPsych (Hons), MPsych (Clin)*  
DAYS Th F  
AGES Adults  
TX CBT, ACT, MBI, Mi, Schema  
AREAS LGBTQIA+, ADHD/ASD, Trauma, Anxiety, Relationships



**10**  
**Natalie Herron**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), MPsych (Clin)*  
**ANZAED**  
DAYS Th F  
AGES Adults, Adol, Ch. 8+  
TX CBT, DBT, Schema, ACT  
AREAS Anxiety, Eating, Stress, Depression, Relationships, ADHD/ASD



**11**  
**Pip Dean**  
CLINICAL PSYCHOLOGIST  
*BSc, MSc (Forensic), GradDipClinPsych*  
**SIRA**  
DAYS T W  
AGES Adults  
TX CBT, ACT, EMDR  
AREAS Body Image, Self-Esteem, Anxiety, Trauma, Relationships, Depression



**12**  
**Rebecca Joyce**  
PSYCHOLOGIST  
*BSc (Psych), GradDipPsych, MClinPsych*  
DAYS MT  
AGES Adults, Adolescents  
TX ACT, CBT, CFT, Schema, EMDR  
AREAS Emotion Regulation, Addiction, Anxiety, Body Image, Depression, Trauma



**13**  
**Sarah Kewin**  
PSYCHOLOGIST  
**(REGISTRAR)**  
*BPsych (Hons), MPsych (Clin)*  
DAYS MTW  
AGES Adults, Adol, Ch. 5+  
TX CBT, ACT, DBT  
AREAS Anxiety, Depression, Stress, Personality, OCD, ADHD/ASD



**14**  
**Saria Green**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), MPsych (Clin)*  
DAYS T Th  
AGES Adults, Adol 14+  
TX Schema, DBT, ACT, CBT  
AREAS Eating, Trauma, LGBTQIA+, Relationships, Personality, Emotion Regulation



**15**  
**Theresa Donnelly**  
CLINICAL PSYCHOLOGIST  
*BPsych (Hons), LLB, MClinPsych*  
**ANZAED**  
DAYS W Th F  
AGES Adults  
TX CBT, ACT, EMDR, Schema, DBT  
AREAS Anxiety, Perinatal, Relationships, Eating, Trauma, Parenting



**16**  
**Tracy Freedman**  
PSYCHOLOGIST  
*BPsych (Hons), MA (Psych)*  
DAYS MT  
AGES Adults, Adol 13+, Couples  
TX CBT, DBT, ACT, Mi, REBT  
AREAS Anxiety, Depression, Relationships, Self-Esteem, Parenting, Grief

INTAKE & MATCHING

Right fit,  
from the start.

PHONE

02 8937 0667 · Mon – Fri, 9 am – 5 pm

ONLINE REFERRAL

[institute4healthyliving.com/referrals](https://institute4healthyliving.com/referrals)

HEALTHLINK EDI

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