

Referring to Saje

Humanising healing

Saje Woollahra is a **multidisciplinary mental health clinic focused on relational, continuous, team-based care.**

We bring together psychiatry, neuropsychology, psychology, dietetics, social work, general practice and lifestyle medicine in one space.

This directory is intended to help you identify the right clinician for your patient's needs. We will update it as more clinicians continue to join.

As of September 2026

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saje
humans
healing
humans

A note from us

We know you have many choices about where you refer, and we're grateful you're considering us.

We've brought together clinicians from multiple disciplines with the intention of working as one coordinated team rather than a collection of individuals sharing a space.

We also know that mental healthcare can be difficult to navigate.

If you are wondering:

“She is completely burnt out. Where should I start?”

“Do you have someone who can help with ADHD or neurodivergence?”

“His memory is changing, but I'm not sure if it's psychiatric, neurological or something else.”

“They've tried multiple treatments and they're still not getting better.”

You don't need to work out which Saje clinician or discipline is the right starting point. You can refer directly to one of our clinicians, or refer to Saje and our team will help work out the most appropriate next step.

We place particular emphasis on communication with referrers, so you can remain confidently involved in your patient's care.

We look forward to building a relationship with you.

Dr. Steve Gluckman and Jonathan Gavshon

Founders

Who to refer to Saje?

Anxiety, stress or feeling overwhelmed

Low mood or loss of functioning

Trauma, grief or difficult life experience

Women's mental health

Eating, nutrition or physical health

Alcohol, substance or difficult behaviours

Sleep, health behaviours or lifestyle factors

Attention, ADHD or neurodivergence

Older-person mental health & caring

Memory, dementia and changes in thinking

When treatment hasn't worked, or you're not sure what they need

Specialist care

Memory Clinic

Women's Mental Health Clinic

Find a clinician

Psychiatry

Psychology & Psychotherapy

Neuropsychology

Dietetics

GP & Lifestyle Medicine

Clinical Hypnosis

Specialist Clinics

Some presentations benefit from bringing several disciplines together around a particular stage of life or clinical question.

Memory Clinic

For people experiencing changes in memory, thinking or cognition.

Consider referring someone with:

- New or progressive memory difficulties
- Changes in thinking, cognition, behaviour or everyday functioning
- Possible Mild Cognitive Impairment or dementia
- Cognitive symptoms where the cause remains unclear
- Cognitive changes alongside psychiatric or neurological illness
- A family needing guidance or support following a dementia diagnosis

How we can help

The Saje Memory Clinic brings together older-adult psychiatry, neuropsychology, psychology and broader multidisciplinary care.

Depending on the person, this may include diagnostic assessment, neuropsychological assessment, treatment, psychological support and ongoing care for the person and their family.

Women's Mental Health Clinic

Mental healthcare across the reproductive lifespan.

Consider referring someone experiencing mental health difficulties:

- During pre-conception or fertility treatment
- During pregnancy
- Following birth
- Following pregnancy or infant loss
- During perimenopause or menopause
- In the context of hormonal or reproductive health changes
- Affecting the parent-infant relationship
- As the partner of someone experiencing these difficulties

How we can help

The Saje Women's Mental Health Clinic can bring together psychiatry, psychology, whole-person general practice, lifestyle medicine, mental health social work and dietetics, depending on the person's needs.

Care considers mental health alongside physical health, relationships, reproductive health, lifestyle and the broader family context.

Psychiatrists



Dr Katie Dimarco

Age groups seen: Adults

Specialisation: **Adult**, Depression, anxiety, stress, ADHD, and trauma-related conditions.

Not suitable for: Psychosis, active self-harm behaviours, severe addiction issues.



Dr Matt Paradise

Age groups seen: Older Adults

Specialisations: Memory difficulties, mild cognitive impairment, dementia, depression, anxiety, bipolar disorder and psychosis in later life.



Dr Yumna Dhansay

Age groups seen: Children and adults

Specialisations: Psychiatric care for women across the pre-conception, perinatal (antenatal and postnatal) and perimenopausal phases and beyond; parent-infant relationship assessment and support, infertility, pregnancy or infant loss; partners of women experiencing these difficulties.



Dr E. Kate Willis

Age groups seen: Adults

Specialisations: General adult psychiatry, burnout and occupational wellbeing, perinatal mental health, drug and alcohol, and complex mental health presentations.



Dr Julian Kelman

Age groups seen: Children and adults

Specialisations: Child and adolescent psychiatry, general adult psychiatry, ADHD, autism spectrum disorder, PTSD, anxiety, OCD, mood disorders and eating disorders.

Clinical Neuropsychology



Dr Nicky Kochan

Age groups seen: Adults, older adults

Specialisations: Older adults with memory or cognitive concerns, dementia or Mild Cognitive Impairment. Assessment of adults with neurological conditions (Parkinson's disease, stroke/cerebrovascular disease, brain tumours, autoimmune disorders, traumatic or acquired brain injury). Psychiatric and mood disorders with cognitive symptoms. Alcohol and drug-related brain impairment.

Not suitable for: Assessments related to NDIS.



Zoë Kaplan

Age groups seen: Children (6+), adolescents, adults, older adults

Specialisations: Children (6+) and adults of any age. Neurological conditions (head injury, epilepsy, stroke, genetic conditions), neuropsychiatric or mental health presentations, neurodevelopmental conditions (ADHD, autism, learning difficulties), and neurodegenerative conditions (memory concerns, dementia).

Accepts WorkCover and capacity assessment referrals (separate fee arrangements apply). Adult autism assessments currently offered; child autism assessments to follow once relevant measures are available.



Dr Loren Mowszowski

Age groups seen: Adults, older adults

Specialisations: Differential diagnosis of cognitive disorders; cognitive concerns in older age; Mild Cognitive Impairment; dementia (including younger-onset); neurodegenerative disorders (Alzheimer's, vascular, Lewy body, frontotemporal); cognitive effects of neurological disease or injury (stroke, TBI, Parkinson's, Functional Neurological Disorder); cognitive symptoms associated with psychiatric or medical conditions; capacity assessments considered case-by-case.

Not suitable for: Patients under 18. Prefers not to take assessments where the primary query is diagnosis of adult ADHD or ASD. Not currently accepting medico-legal referrals.

Clinical Psychology & Neuropsychology



Dr Keri Diamond

Age groups seen: Adults (17+), older adults

Specialisations: Works with ages 17 and up. All anxiety presentations, OCD, mood disorders, adjustment presentations, chronic illness and pain, traumatic brain injury and low-level blast exposure, multiple sclerosis, age-related neurodegenerative disorders.

Not suitable for: Primary substance use disorder, primary eating disorder.

Clinical Psychology



Melissa Levi

Age groups seen: Adults, older adults

Specialisations: People aged 65 and over (late-life depression, anxiety, adjustment disorder, grief/bereavement). Psychological support for older adults and family members regarding a queried or confirmed dementia diagnosis. Dementia consultancy, education and behaviour-management support. Carer support for spouses, adult children and family members. Will see people younger than 65 who have a diagnosis of dementia (e.g. early-onset), or for carer/dementia-consultancy support in the context of caring for a loved one with dementia — not for general mental health treatment absent a caregiving context.

Not suitable for: Acute risk/crisis (e.g. acute suicidality), forensic presentations. Open to discussing more complex or longstanding presentations (e.g. schizophrenia, personality disorders) on a case-by-case basis.



Dr Nunzio Mosca

Age groups seen: Adults

Specialisations: General adult mental health presentations, both short- and long-term; pain management and psycho-oncology; mindfulness meditation applied to clinical problems and life stressors.

Approach: Practical and skills-based, grounded in being real, open and welcoming; draws on theoretical frameworks for formulation while equipping clients with concrete tools to cope and work towards their goals.



Nicky Abitz

Age groups seen: Adults

Specialisations: Anxiety and panic, depression, trauma and attachment difficulties, relationship problems, self-esteem, perfectionism, adjustment and life transitions, and perinatal mental health including pregnancy, postnatal adjustment, pregnancy loss and the transition to parenthood.

Not suitable for: Children and adolescents; acute or high-risk presentations requiring crisis management; eating disorders.



Scott Kelly

Age groups seen: Adults and young adults

Specialisations: Trauma and complex trauma, anxiety, depression, grief and loss, relationship difficulties, self-esteem, life transitions, stress and burnout, meaning and fulfilment, and psychedelic integration. Particular interest in somatic and depth-oriented psychotherapy.

Not suitable for: Children; acute or high-risk presentations requiring crisis management; primary eating disorders, psychosis or borderline personality disorder.

Registered Psychology & Psychotherapy



Alex Julien

Age groups seen: Adults and adolescents (15+)

Specialisations: Relational, in-depth therapeutic work focused on the underlying core beliefs driving presentations, rather than symptoms alone. ADHD, complex PTSD, depression, anxiety, personality disorders, social anxiety, addictions and psychotic symptoms/schizophrenia; open to working with almost all presentations.

Not suitable for: Under 15 years old, eating disorders, phobias.



Warren Werksman

Age groups seen: Adolescents and adults

Specialisations: Adolescent and family counselling; adults with life challenges; autism spectrum/neurodiversity; anxiety and phobias; depression; life transition and adjustment issues; grief and loss; alcohol dependence; drug dependence; anger management.



Nicholas Neale

Age groups seen: Adults

Specialisations: Anxiety, social anxiety, depression, PTSD and complex PTSD, ADHD in adults, alcohol dependence, grief and loss, relationship difficulties, self-esteem and self-development, life transitions, work stress, workplace bullying, and working with people of diverse sexualities and genders, men's mental health. Also provides psychedelic-assisted therapy, psychedelic integration and ketamine therapy.

Not suitable for: Forensic presentations, OCD, family therapy, couples therapy, eating disorders, bipolar disorders, under 16 years old.



Amanda Morris (Psychotherapist and Counsellor)

Age groups seen: Adults (17+), older adults

Specialisations: Youth mental health (from 17 years), substance use, relationships, trauma.

Not suitable for: Anyone experiencing an acute mental health or physical crisis; under 17 years old.

GP with Special Interest in Mental Health and Lifestyle Medicine

Our GPs are not here to replace you.

Saje's GPs provide focused medical services that complement, rather than duplicate, the care you already provide. Our aim is to partner with a patient's regular GP, bringing additional time, specific areas of expertise and the support of Saje's multidisciplinary mental health team.

Patients may be referred to a Saje GP for a dedicated deprescribing and medication review, a comprehensive lifestyle medicine assessment, or a whole-person assessment exploring the physical, psychological, lifestyle and social factors contributing to their mental health.

For patients where the diagnosis, treatment approach or next step remains unclear, our GPs can also help coordinate care across Saje — including access to second-opinion psychiatry and input from psychology, neuropsychology and other members of the multidisciplinary team.

Consider referring when you want another set of eyes, a deeper assessment of a particular aspect of care, or coordinated multidisciplinary input — while remaining the patient's regular GP.



Dr Sam Manger

Age groups seen: Children, adolescents, adults, older adults

Specialisations: Whole-person healthcare integrating medical, psychological, lifestyle and social factors — including lifestyle medicine, metabolic medicine, mindfulness, functional movement, evidence-based nutraceuticals and herbal medicine, and prescribing/deprescribing.



Dr Jill Gamberg

Age groups seen: Children, adolescents, adults, older adults

Specialisations: General practice with a focus on disease prevention, longevity, behaviour change and evidence-based lifestyle medicine; particular interest in women's health and mental health. Health coaching.



Dr Amelia Bott

Age groups seen: Children, adolescents, adults, older adults

Specialisations: General practice with a focus on disease prevention, behaviour change and evidence-based lifestyle medicine; particular interest in women's health and mental health. Health coaching.

Lifestyle Medicine Physician and Clinical Hypnosis



Dr Michael Ayling

Age groups seen: Adults, older adults

Specialisations: Lifestyle medicine counselling. Behaviour change and health habits (smoking/vaping cessation, weight management, sleep, medication adherence). Anxiety and stress-related conditions (generalised and situational anxiety, performance anxiety, dental/needle phobia, procedural anxiety). Functional and psychosomatic conditions (IBS in collaboration with a gastroenterologist, chronic pain as part of multidisciplinary care, bruxism, tension-type headache). Health optimisation and resilience (performance, confidence, procedural/surgical preparation, recovery).

Not suitable for: Patients without close clinical psychological or psychiatric support: PTSD/complex trauma, dissociative disorders, personality disorders, eating disorders, OCD, psychotic disorders, bipolar disorder, moderate-to-severe major depressive disorder, substance dependence requiring specialist treatment, acute suicidality or other psychiatric emergencies.

Approach: Ericksonian therapy and strategic psychotherapy with clinical hypnosis, integrating motivational interviewing and elements of CBT and DBT.

Dietetics and Nutrition



Allegra Goldman

Accredited Practising Dietitian & Nutritionist

Age groups seen: Children, adolescents, adults, older adults

Specialisations: Nutrition for mood and mental wellbeing; relationship with food, emotional eating and disordered eating patterns; sensory eating challenges and ARFID; women's health (PCOS, menstrual health, fertility, pregnancy, menopause); digestive health (IBS, IBD, constipation, coeliac disease, food intolerances, nutritional deficiencies); chronic disease management (Type 1 & 2 diabetes, prediabetes, high cholesterol, osteoporosis, arthritis); NDIS nutrition support (intellectual disability, ADHD, neurodivergence).

To refer please call or email

Eden or Lara

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