



Psychological Services

DR LARISA BARDSLEY

PHD, CCOUN, CCLIN, MAPS, GRAD CERT (ART) VCAM

<http://larabardsley.com/>

Port Melbourne

Counselling and Clinical psychology sessions:

Larisa is a Counselling and Clinical psychologist with over twenty years experience working in private and public health settings. She offers individual therapy for adults of all ages. Larisa's therapeutic approach is warm, non-judgmental and compassionate. Consultations are orientated toward building a safe, collaborative and supportive relationship to assist clients to cultivate a sense of wholeness and connection, to live more fulfilled and conscious lives, whilst managing a wide range of challenges and experiences.

About Larisa:

Larisa has extensive experience in depth psychology (a means by which to work with unconscious or deeply held parts of us), meditation and mindfulness practice, narrative therapy, self-compassion techniques and creative arts therapy. She also utilises interpersonal psychotherapy, cognitive behavioural therapy (CBT), and acceptance and commitment therapy (ACT).

Larisa is a writer, researcher and artist; her publications, creative research, professional experience and fee structure are detailed on her website.

****Medicare and health fund rebates can apply.***

Professional Affiliations:

Registered with the Psychology Board of Australia (PBA)

Endorsed as a Clinical Psychologist and as a Counselling Psychologist

Member of the Australian Psychological Society (APS)