



**SIMON MACLACHLAN**  
clinical psychologist

*Embracing Growth. Supporting Change.*

## CONTACT

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## TREATMENT APPROACHES

- Cognitive Behavioural Therapy
- Acceptance & Commitment Therapy
- Schema Therapy
- EMDR
- Internal Family Systems
- Mindfulness
- Psychodynamic Therapy
- Process-Experiential Therapies
- Gottman Couples Therapy

## EDUCATION

- Master of Clinical Psychology
- Honours Degree in Psychology
- Bachelor of Philosophy
- Postgraduate Training in Gestalt Therapy
- Diploma of Business Management

## PROFILE

He/Him

**Clinical Psychologist & Accredited Psychotherapist**

MPsych (Clin) BSc Psych (Hons) BA Phil Dip. Bus (Mgt)

Member of the Australian Psychological Society

Member of the Australian College of Clinical Psychologists

AHPRA: PSY000265443

## EXPERIENCE

Simon is an endorsed Clinical Psychologist and accredited psychotherapist who provides a warm, open and collaborative space for healing and growth. Working with children (6+), adolescents and adults from diverse backgrounds, Simon's interpersonal style is relaxed, gentle and non-judgemental, validating the here-and-now experience of his clients whilst collaborating with them to bring about positive change.

Simon's treatment focus is humanistic, person-centered, and non-pathologising. Some of the approaches he utilises include: cognitive-behavioural therapies (CBT/ACT), schema therapy, couples therapy, trauma-focused approaches such as internal family systems (IFS) and EMDR, as well as mindfulness-based and experiential therapies.

Simon completed postgraduate training in Clinical Psychology at Edith Cowan University, and holds postgraduate training in counselling, gestalt therapy, and specialist training in behavioural sleep medicine. Simon has worked in varied roles including hospital mental health settings, child protection and private practice.

Some of Simon's treatment areas include:

- Depression
- Anxiety
- Stress management
- Trauma
- Sleep difficulties
- Interpersonal difficulties
- Couples therapy (Gottman Method)
- Family issues
- Child and adolescent behavioural concerns
- Boundary issues and assertiveness training
- Health concerns
- Grief and loss
- Low self-worth
- Anger management
- Self-development and coaching