

Positive Psychology was founded in 2008 with a vision to contribute to positive change, growth and wellbeing in our community.

Today, our diverse team is recognised by over 1,500 referring GPs and specialists in Melbourne.

About Positive Psychology

Equipped to address your needs

Positive Psychology works with all types of people to address all types of issues.

From mental health, addictions and trauma to family violence/conflict, careers, assessments and reporting, we have the specialist skills and experience you're looking for.

Convenient, inclusive and welcoming

At Positive Psychology, we offer home visits, after-hour and weekend appointments, as well as a family-friendly environment to ensure children feel welcome.

Many of our practitioners speak second languages and can cater for clients who speak languages other than English, or work with interpreters.

Qualified clinicians, researchers and mentors

We have many highly experienced psychologists across our clinics – all with different backgrounds, specialisations and approaches. Several members of our team are also active and published researchers.

Positive Psychology also mentors psychology students and holds professional development workshops and lectures for other psychologists.

Accredited providers

Our psychologists are all registered Medicare providers, which entitles eligible patients to rebates for up to 10 sessions (per calendar year) at our practice.

Positive Psychology is also an accredited provider of:

- + TAC, Work Cover, Victims of Crime and Veteran Affairs
- + Court reports and expert witnessing
- + Employee Assistance Programs (EAP) for business and organisations



The Positive Psychology Difference

At Positive Psychology, we believe that a patient's wellbeing is largely dependent on a congruent match with their psychologist. And research demonstrates that the therapeutic relationship contributes to the therapy outcome (at least) as much as the treatment method used.

That's why we have a Client Intake Coordinator who is dedicated to matching new patients with the psychologist most suited to them.

Our Client Intake Coordinator conducts in-depth over-the-phone interviews with all new patients (or their GP, family member or other health professional if deemed appropriate). Once we understand the client's specific issues, preferences and expectations, we make a considered recommendation.

That said, if a client feels that the psychologist we have recommended is not the right match, we'll help find another option.

Specialities & Services

We Treat and Support:

Depression	Bullying	Personality disorders
Anxiety & phobias	Work stress	Health-related problems
Drug & alcohol problems	Autistic spectrum disorders	Pain management
Family & interpersonal conflict	Eating disorders	Life transition & adjustment issues
Marital problems	Sleeping difficulties	Psychosis & schizophrenia
Divorce & separation	Stress & burnout	Bipolar disorder
Anger management	Self-esteem issues	Suicide
Grief & loss	Sexual issues	
Trauma	Sexual identity	

We Perform and Offer:

Career counselling	Medico legal assessments	TAC support
Neuropsychological assessments	Court reports	Victims of Crime support
Cognitive assessments	Expert witnessing	Employment Assistance Program Services
Educational assessments	Insurance claim assessments	Workplace & Executive Coaching
Personality assessments	Workshops & Groups	Work Cover support
Risk assessments	Training for organisations	

welcome

At Positive Psychology, we offer care and support for individuals, couples, families, adolescents, children, seniors, businesses and community organisations.

With a warm and inclusive environment and expertise across all areas of psychology and assessment, we look forward to caring for you too.

How to contact Positive Psychology

Call us

For bookings or a confidential discussion with our Client Intake Coordinator, please call **1300 995 636**.

Visit us online
positivepsychology.net.au

Opening hours

Positive Psychology offers convenient appointment times as follows:

- Mon-Fri: 9am - 6pm
- Saturday: 9am - 4pm

After-hour appointments available on request.

Our clinics

OAKLEIGH SOUTH

984 Centre Road
Oakleigh South VIC 3167
Fax (03) 9570 8441

MORNINGTON

Ground Floor, 883 Nepean Hwy
Mornington VIC 3931
Fax (03) 5976 8447

FRANKSTON

35 Mereweather Avenue
Frankston VIC 3199
Fax (03) 9781 2600

FOR ALL CLINICS, CALL US ON 1300 995 636

