

Contact Liz Clarkson

For all GP referrals and patient enquiries:

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Consulting room:

Back into Health
80 Surrey Road
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Working together

Liz welcomes the opportunity to partner with you to help your patients overcome and manage their mental health issues.

- Medicare and private health fund rebates available
- Constant communication and close collaboration
- Patient progress summaries throughout treatment
- Open door communication welcomed at any time

Qualifications & memberships

As a professional colleague, you can rely on Liz Clarkson's extensive expertise.

- BA (Honours) Psychology – Murdoch University
- Masters of Applied Psychology (Clinical) – Murdoch University
- Founding Member – The Australian Clinical Psychology Association (ACPA)
- Member – Marcé Society of Australasia
- Member – Centre for Perinatal Psychology



Liz Clarkson

CLINICAL PSYCHOLOGIST

Meet Liz Clarkson

As a clinical psychologist for 30 years, Liz Clarkson has been helping people of all ages, professions and backgrounds find and feel like their true selves again.

Driven by the positive connections she forms with her clients, Liz has worked for hospitals and institutions in Perth. Examples include Family & Children's Services, St Charles Gairdner Hospital and King Edward Memorial Hospital for Women as well as rural and remote hospitals and communities.

Now residing in Melbourne, Liz is building on her 20 years' private practice experience to ensure her clients always feel heard.



Strengths and expertise

Treatment areas

With expertise across a range of mental health areas, Liz helps her clients overcome all types of challenges and achieve their personal goals. Her treatment areas include:

- Major depression & mood disorders
- Generalised anxiety & panic disorders
- Antenatal & postnatal mental health
- Grief & bereavement
- Adjustment issues for older adults
- Post-traumatic stress disorder
- Psychotherapy for adults who have experienced childhood abuse

Modalities and therapies

Following a thorough assessment, Liz draws from her three decades of specialist training and clinical practice to determine the most suitable treatment for each patient.

She assesses the depth of patient issues – and the extent to which her patients are able to uncover and explore the factors that influence their problems.

Depending on the nature and severity of their problems as well as each patient's personality type, Liz applies and interweaves a range of modalities and therapies, including,:

- Cognitive Behavioural Therapy (CBT)
- Insight-oriented / psychodynamic therapy (for medium to longer term treatment)
- Sensorimotor psychotherapy
- Mindfulness