

INFORMATION FOR REFERRERS

Our approach

We match the therapy to the presentation rather than working from a single model. The approach chosen depends on what the person brings: the nature of the difficulty, how long the pattern has been in place, their stage of life, and what they want to prioritise.

Aligned Minds is led by Shadi Gray, Principal Psychologist. We see children, adolescents and adults, and work with couples and families. Appointments are available in person at Summer Hill and by telehealth.

APPROACHES WE DRAW ON

- **Schema Therapy** for longstanding patterns with an early origin
- **Dialectical Behaviour Therapy** for emotion dysregulation and crisis driven presentations
- **Radically Open DBT** for overcontrol, rigidity and emotional inhibition
- **Internal Family Systems** for internal conflict, shame and harsh self criticism
- **EMDR** for single incident trauma and PTSD
- **Cognitive Behavioural Therapy** for the anxiety disorders, OCD and depression
- **Acceptance and Commitment Therapy** for chronic pain, grief and adjustment
- **Somatic therapies** for trauma held physiologically, and for stabilisation
- **Gottman Method** for couples and relationship distress

Not sure if a presentation is a good fit? Call us before you write the referral and we will talk it through.