

About David Stickels & Associates

DSA Psychologists

DSA Psychologists brings to the eastern metropolitan corridor of Melbourne and the central business district of Melbourne, professional clinical and consulting psychological services. This is a group practice operating from five consulting suites conveniently located to assist clients.

General clinical psychological services are provided to support children, adolescents, families and adults. Each group is catered for with a wide range of counselling and therapeutic skills.

Where psychological assessments are required for educational or legal purposes, DSA Psychologists are able to undertake interview and psychometric evaluation of clients' educational, cognitive and personality functioning.

DSA Career Counselling

Vocational and career counselling are provided through DSA Career Counselling, with specialist DSA psychologists supported by world's best practice computer support systems.

DSA Corporate Services

Training, support and guidance of human resources in the corporate sector is available to businesses through DSA Corporate Services. Our psychologists consult to businesses on their HR practices, provide appropriate assessments of staff and manage outplacement programs.

Our Services

- **General Clinical Psychology Service**

Assessment and treatment of anxiety, depression, phobias, trauma, grief, stress management; individual psychotherapy and counselling.

- **Child and Adolescent Assessment**

Cognitive and Educational assessments of children and adolescents, including high achievers and those with learning difficulties and developmental delays.

- **Child, Adolescent and Family Therapy**

Assessment and treatment of a range of child and adolescent problems including depression, anxiety, social issues, school refusal, behavioural problems, eating disorders. Individual, parent and family therapy offered.

- **Hypnosis**

For habit disorders including gambling, smoking and weight control, alcohol and drug abuse; all anxiety based disorders, self esteem, sport and work performance, public speaking.

- **Marital and Couple Counselling**

For couples having difficulties particularly with communication, intimacy, conflict resolution and sexual issues.

- **Workcare, T.A.C., Veterans Affairs, Victims of Crime**

For all cases requiring psychological counselling particularly post traumatic stress disorder, stress and pain management.

- **Career Assessment and Counselling**

Assessment and advice regarding vocational choices: interests, values and personality. Counselling for all work related difficulties including motivation, stress, productivity and relationships.

- **Sports Psychology**

Counselling assistance for both players and coaches to understand and provide training in such mental skills as anxiety management, relaxation, energisation, concentration, imagery and visualisation, goal setting, confidence, pre-competition routines, finals preparation, psychological sport recovery, cultural awareness, home advantage, injury management, mental toughness, motivation, and professional attitude. These skills enable the performer to consistently achieve his or her potential.

Fees & Rebates

As fees for clinical psychologists are not yet rebatable under Medicare, DSA has established a fee structure that is about three quarters of the rate recommended by the Australian Psychological Society. The current standard fee at DSA includes a discount for fees paid at the time of consultation. Clients with appropriate extras cover in private health insurance may obtain some rebates.

A reduced fee is applied to clients on Health Care and Pension cards. Clients on Workcover, TAC, Veteran's Affairs or Crimes Compensation benefits are seen at no cost to the client.

Contact Information

Appointments should be made at the clinic a client wishes to attend.

General enquiries and correspondence should be directed to our secretary at the principal DSA office ...

Ringwood Physiotherapy Centre

25 Wantirna Road, Ringwood 3134
Telephone: 9870 8193

Or to our City secretary at ...

Melbourne Central Executive Suites

222 LaTrobe Street, Melbourne 3000
Telephone: 9667 0222

Other DSA locations ...

Rowville Medical Group

12-14 St Lawrence Way, Rowville 3178
Telephone: 9764 1617

Lilydale Clinic

316 Main Street, Lilydale 3140
Telephone: 9735 5877

Arnold Street Physiotherapy

17 Arnold Street, Box Hill 3128
Telephone: 9899 0988

Email

info@dsapsychologists.com.au



www.dsapsychologists.com.au



**David Stickels
& Associates**

*Moving
People
Forward*

**Clinical & Consulting
Psychologists**

Members of the Australian
Psychological Society



Consulting Team



David Stickels

BSc, Dip Inf Pro, TTTC, MAPS, MASH

As the principal and founder of DSA, David has been in private practice since 1980. He has broad and diverse areas of expertise as a clinical psychologist.

David has successfully worked with clients in the areas of stress management, critical incident debriefing, psychological treatments for anxiety, phobia, depression and anger, counselling for marital and sexual problems, career counselling, and therapy for children, adolescents and families.

David is a member of the Australian Society of Hypnosis and participates in the society's training program as a tutor, supervisor and occasional lecturer. He uses hypnosis particularly in the treatment of habit disorders including cigarette smoking, weight control and drug abuse.

Additional expertise is offered in sports performance, study problems, public speaking, self esteem and gambling difficulties.

david@dsapsychologists.com.au



Ros West

BA (Hons), Grad Dip Mental Health Sciences (Clinical Hypnosis), TPTC, LTCL, MAPS, MASH

Ros is a specialist Educational and Developmental Psychologist who has worked as a psychologist in the state and private education system since 1985. She is a life member of the Australian Guidance and Counselling Association.

Ros specialises in counselling children, adolescents and families and uses psychological and educational tests where appropriate. She has particular expertise in stress, anxiety management, parenting, readiness for school, hearing impairment, study problems and career advice.

A member of the Australian Society of Hypnosis, Ros is interested in helping adults with habit disorders such as smoking and over eating, and with emotional problems of anxiety, depression and post-traumatic stress.

Ros was Head of Counselling at Yarra Valley Grammar School for 9 years.

ros@dsapsychologists.com.au



Pamela Tipping

BA, Dip Ed, Grad Dip Ed Psych, MAPS

Pam has a respected background in teaching and student welfare with secondary and primary level students. Having gained additional specialist

qualifications with a post graduate diploma in Educational Psychology in the late '80's, Pam has worked in private clinics as well as still working for the Department of Education.

With a wide range of experience, Pam is able to assist clients who have experienced emotional and behavioural difficulties including depression and anxiety, eating disorders, post-traumatic stress, and adjustment and behavioural problems.

She is also able to assist adults with relationship and sexual difficulties and is experienced in cognitive and educational testing for children and adults.

Pam's reputation has been further enhanced through the many and varied workshops she has run which have been attended by women, children, couples and parents.

pamela@dsapsychologists.com.au



Fiona Lacy

MA (Counselling Psych), Grad Dip Family Therapy, BA (Hons), MAPS

Fiona is a well-qualified and experienced counselling psychologist who has considerable experience and success working with children, adolescents and families, as well as with adults.

Fiona holds a Masters Degree in Counselling Psychology and has worked successfully with her clients over a wide range of issues. These include relationship issues, emotional or behavioural difficulty, grief and loss issues relating to separations or bereavements, anxiety, depression and self-esteem problems, sexuality-related issues, and working with "fringe kids".

Fiona is experienced in providing debriefing for individuals following traumatic events and working with post-traumatic stress. She has also had specialised training and experience in supporting individuals and families affected by HIV/AIDS and Hepatitis C.

fiona@dsapsychologists.com.au



Kieran Morrow

BSc, Grad Dip Applied Psych, MPsych (Sport & Exercise), MAPS

As a sports psychologist Kieran offers something unique to DSA services. He is available to assist all clients, both participants and coaches, regarding sport, particularly issues of motivation, goal setting and achievement.

Kieran is equally able to assist people who are having difficulties with these issues in business or their personal lives. He is adept at understanding the dynamics of individuals in groups, either at work or in their sport, and may be helpful to people in these areas. He is also interested in adapting other aspects of his expertise in sport to clinical problems, particularly including pain and stress management.

Kieran holds a Masters of Sport and Exercise Psychology and has consulted to the ACT Academy of Sport and the Canberra Cosmos NSL squad. He has presented a number of programs and seminars to schools and businesses on psychological topics related to business, sport and life in general.

kieran@dsapsychologists.com.au



Linda Russell

BA, BSc (Hons), MAPS

Prior to becoming a qualified psychologist, Linda enjoyed an extensive background in the human resource sector of business and some training for local government. Following her graduation with honours as a psychologist from Monash University, Linda worked as a specialist psychologist with the Department of Education, Employment and Training in Springvale.

Linda has particular interests and success in working with children, adolescents and families, particularly those who are having emotional or behavioural difficulties. She is very capable in assessing high achievers or clients with learning difficulties, and those in need of career counselling.

Linda is an experienced counsellor able to also assist many adult clients with emotional problems that include self-esteem, grief and loss, relationships, stress, anxiety and depression.

In the corporate area, Linda offers consultations, workshops and presentations on human resource issues covering areas that include interviewing, staff selection, career assessment and training.

linda@dsapsychologists.com.au

