

Sam Mary Moscovitz BA (Psych), M Sports Psych

Sam is a registered Psychologist, Member of the Australian Psychological Society (APS) and is registered as a Medicare service provider. Sam has been a registered Psychologist since 2000.

She specialises in the assessment, diagnosis and treatment of psychological problems and mental illness including:

- Depression and other mood disorders
- Anxiety disorders e.g. generalised anxiety, social anxiety, panic attacks
- Adjustment to major life events or transitions e.g. parenthood, divorce, retirement
- Loss, grief and bereavement
- Relationship difficulties
- Alcohol and drug misuse
- Stress
- Chronic pain
- Eating disorders
-

Her treatment modalities include Cognitive Behavioural Therapy, Mindfulness-based Therapies, Acceptance and Commitment Therapy, Interpersonal Therapy and Solution Focussed Therapy. She tailors these evidence-based treatments to each client to help empower them to develop the tools and skills necessary to overcome challenges, with an encouraging and empathic approach.

Email: mmspsychology@gmail.com

Sam completed her Master in Sports Psychology in 1998 and has been a registered psychologist since 2000. Her 17 years of experience commenced in Community Mental Health, working in a crisis team and mental health case management in collaboration with an in-patient psychiatric ward. Sam has further worked in California, in a program targeting obesity in schools. Sam returned to Sydney in 2010 and has been working in private practice since this time.

Working with adolescents, adults and couples, Sam aims to empower her clients to manage a broad range of personal and interpersonal issues. They include depression, anxiety adjustment related matters, stress, grief and loss, pain management and also self esteem issues. She provides a non-judgmental and safe environment for clients to explore their difficulties and help them achieve their goals. Her treatment modalities include Cognitive Behavioural Therapy, Mindfulness-based therapies and counselling. She tailors these evidence-based treatments to each client to help empower them to develop the tools and skills necessary to overcome challenges, with an encouraging and empathic approach.

Email: mmspsychology@gmail.com

Phone: 0481 956 840