



Ellie Putland

PSYCHOLOGIST

ABOUT ME

Ellie works with children, teenagers and adults. She works with clients from a trauma-informed care framework and works collaboratively with families on psychoeducation towards their goals. Ellie utilises Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT) and Motivational Interviewing.

Ellie is experienced in administering an array of assessments, incorporating relevant resources into sessions and liaising with clients' wider support teams wherever helpful towards client goals. By supporting clients to develop and refine their psychological and coping skills, Ellie has a particular passion for supporting young people who would like to reduce their stressors.

With a Bachelor of Psychological Science from Griffith University with 1st class Honours, Ellie is also an Associate Member of the Australian Psychological Society.

SPECIAL INTERESTS

- Children, Teenagers, Adults
- Anxiety (excessive worrying, social anxiety, phobias)
- Depression
- Neurodiversity (Autism, ADHD, Intellectual disability, Dyslexia, OCD)
- Learning Disorders
- Adjustment difficulties
- Trauma & PTSD
- Self-esteem/confidence
- Stress/burnout
- Bullying
- Bipolar disorder
- Anger management
- Personality disorders
- Psychosis

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📍 421 Brunswick St, Fortitude Valley
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Lachlan Avent

PSYCHOLOGIST

ABOUT ME

Lachlan works with children, teenagers and adults and is passionate about providing a safe space for clients to express themselves, achieve their potential and meet the challenges that life presents. He is experienced working with clients who have autism, ADHD, OCD, specific learning disorders, depression, intellectual disability, are experiencing anxiety, phobias, depression, issues with self-esteem / confidence, stress / burn out, anger, bullying, interpersonal difficulties, and provides parenting support.

Lachlan utilises Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI) and Emotion Focussed Therapy (EFT) to support clients to create meaningful change and build skills to live a life that fulfils them. Lachlan is experienced in administering assessments including the WISC, WIAT, WAIS, ADOS, MIGDAS and offers appointments for autism assessment and ADHD assessment. Lachlan is also a certified Triple P Stepping Stones Parenting Program Practitioner.

Lachlan holds a Bachelor of Psychological Science with Honours from the University of Queensland.

SPECIAL INTERESTS

- Children
- Teens
- Adults
- Anxiety
- Depression & Mood
- Autism
- ADHD
- Intellectual Disability
- Adjustment difficulties
- Parenting support
- Self-esteem / Confidence
- Stress / Burnout
- Bullying
- Specific learning disorders
- LGBTQI+ support
- OCD
- Grief and loss
- Phobias
- Anger
- Interpersonal / relationship difficulties

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Samantha Courtney

PSYCHOLOGIST

ABOUT ME

Samantha works with teenagers and adults. She has experience working with clients who are experiencing difficulties with eating disorders, perinatal mental health, fertility, functional neurological disorder (FND), anxiety, depression, postnatal anxiety and depression, trauma and PTSD, and life stressors, including major life transitions such as parenthood, injuries, retiring and personal losses.

Samantha is a Credentialed Eating Disorder Clinician (CEDC-MH) and her experience includes supporting clients who are mums, new parents, athletes, and clients from diverse life experiences with co-occurring health conditions to navigate eating disorder treatment. She is able to liaise with clients' wider support teams such as dietitians, GPs and psychiatrists wherever helpful towards client goals.

Samantha works from a trauma-informed care framework and a strengths-based lens to provide a calm, inclusive, and supportive environment for her clients to engage in individualised interventions. She utilises therapy modalities including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT).

Sam holds a Bachelor of Psychological Science from the University of New England, and a Bachelor of Social Science in Psychology (1st Class Honours) from the University of the Sunshine Coast.

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SPECIAL INTERESTS

- Eating disorders
- Body image concerns (including athletes)
- Credentialed Eating Disorder Clinician (CEDC-MH)
- Perinatal mental health and fertility
- Postnatal anxiety
- Postnatal depression
- Functional neurological disorder (FND)
- Life stressors
- Major life transitions (parenthood, retiring, injuries, personal losses)
- Trauma & PTSD
- Neurodiversity affirming practice
- Anxiety
- Depression
- Trauma-informed
- Neurodiversity affirming practice
- Autism
- ADHD
- Antenatal Depression and Anxiety
- Same Sex Parenting
- Pregnancy anxiety



Lauren Poulos

PROVISIONAL PSYCHOLOGIST

ABOUT ME

Lauren works with toddlers, children, teens and adults. She is experienced working with clients who are experiencing anxiety, depression, emotional regulation, neurodivergence, autism, ADHD, intellectual disability, self esteem/ confidence, trauma, friendships & socialising, and offers parenting support among other presenting concerns.

Lauren thoroughly enjoys facilitating a safe and collaborative space where clients can explore their goals and work toward meaningful change. She is experienced with Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), skills building and coping strategies, Parent-Child Interaction Therapy (PCIT) and facilitating programs relating to managing disruptive behaviours in children to strengthen family dynamics. Lauren also has experience working with children in an early intervention context both in-clinic and at-home settings.

Lauren holds a Bachelor of Psychological Sciences with Honours from the University of Queensland and a Master of Professional Psychology from Bond University.

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SPECIAL INTERESTS

- Toddlers, Children, Teenagers & Adults
- Anxiety
- Depression
- Neurodivergence
- Autism
- ADHD
- Intellectual Disability
- Friendships & Socialising
- Parenting Support
- Interpersonal/Relationship Difficulties
- Psychometric Assessment
- Emotional Regulation
- Self Esteem/Confidence
- Stress/Burnout
- OCD
- Trauma & PTSD
- Skill Building
- Attachments
- Neurodevelopmental Trauma
- Career/Occupational Concerns
- CBT
- Communication Methods including Proloquo2Go, PECS, ALD



Alice Bui

PROVISIONAL PSYCHOLOGIST

ABOUT ME

Alice works with children, teens and adults. She is experienced working with clients regarding trauma, PTSD, anxiety, depression, adjustment difficulties, autism, ADHD, intellectual disability, neurodivergence, emotional dysregulation, behavioural challenges, among other presenting concerns. Her therapy style is trauma-informed and emphasises a safe collaborative space.

Alice has special clinical interests in evidence-based practice for clients who have experienced trauma. She is particularly passionate about working with clients who are refugees and newly arrived backgrounds and thoroughly enjoys supporting clients from culturally and linguistically diverse (CALD) backgrounds who have experienced displacement, cultural transition and complex trauma with cultural sensitivity to tailor interventions to their unique lived experiences. Alice is experienced with Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT) and Narrative Therapy.

Alice holds a Bachelor of Psychology from Macquarie University, Bachelor of Psychological Science (Honours) and is currently completing a Master of Clinical Psychology.

SPECIAL INTERESTS

- Children, Teenagers & Adults
- Anxiety
- Trauma
- Depression
- Neurodivergence
- Autism
- ADHD
- Adjustment difficulties
- Relationships and Interpersonal/relationship difficulties
- Emotional regulation
- PTSD
- Bipolar
- Skill building
- Attachment Theory
- CBT
- DBT
- Schema Therapy
- Emotional regulation
- Self esteem / confidence issues
- Stress / burnout
- School refusal / school can't
- Family / domestic violence
- Phobias
- Dementia
- Down syndrome
- Refugees and newly arrived backgrounds

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Meera Lakhani

EDUCATIONAL & DEVELOPMENTAL
PSYCHOLOGIST

ABOUT ME

Meera works with children, teenagers and adults. She enjoys working with clients to understand their goals then create a plan to achieve their goals. Meera is passionate about helping clients to identify their unique areas of strengths and difficulties and collaborate with relevant stakeholders to maximise positive outcomes in their lives.

Meera's current focus is on neurodivergence assessments- autism assessment, ADHD assessment and cognitive assessment. She utilises assessment tools including WISC, WAIS, WIAT, MIGDAS and others as required to support clients with discovering an enhanced understanding of their unique neurotype. Meera is especially passionate about working with young adults and their families, in a way that aligns with their values and beliefs, to be the best version of themselves. She thrives on supporting clients to lean into vulnerability, learn new skills and navigate life's challenges.

Meera holds a Bachelor of Psychological Science from The University of Queensland and a Master of Psychology - Educational & Developmental from Queensland University of Technology. She has previously worked as a Psychologist in a school and at the Queensland Children's Hospital Child Development Service.

SPECIAL INTERESTS

- Autism Assessment
- ADHD Assessment
- Cognitive Assessment
- Educational & Developmental Assessments
- Neurodivergence
- Anxiety
- Self Esteem
- Mood disorders
- Depression
- "Imposter syndrome"
- Relationships
- Circle of Security (COS)
- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Attachment Theory



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Flynn Simonis

OCCUPATIONAL THERAPIST

ABOUT ME

Flynn works with toddlers, children, teenagers and young adults. He is experienced working with clients who have experienced developmental trauma, neurodivergence, autism, Attention-Deficit Hyperactivity Disorder (ADHD), school refusal / school can't, developmental delay, non-verbal communication profiles, Generalised Anxiety Disorder (GAD), emotional regulation, parenting support, intellectual disability, Oppositional Defiant Disorder (ODD), Rett Syndrome, and Muscular Dystrophy and many other presentations. Flynn enjoys supporting children with varying communication styles, sensory profiles, emotional regulation needs, and functional challenges.

Flynn is particularly passionate about paediatric occupational therapy including play therapy and parent training. He facilitates sessions that are guided by his client's interests, recognising that children engage and learn best when therapy is meaningful and motivating towards skill development for participation in everyday life. Flynn emphasises a foundation of communication with families, schools and multidisciplinary teams, to create a safe, supportive, creative and fun therapy environment. He values family-centred practice in working with caregivers to ensure that recommended strategies are practical, achievable and able to be easily implemented into daily routines. Flynn offers in-clinic, home visits, kindergarten and school visit appointments where appropriate towards his clients' goals.

Flynn is also experienced with Functional Capacity Assessments (FCAs) and report writing, and facilitating group programs including LEGO, Minecraft and Ninja Warrior-style social and movement programs, outdoor adventure and nature camps, all supporting goals including social skills, teamwork, and motor development, building independence, resilience, and confidence in children and young people.

SPECIAL INTERESTS

- Toddlers, Children & Teenagers
- School refusal / school can't
- Intellectual disability
- Developmental trauma
- Neurodivergence
- Autism
- ADHD
- Non-verbal communication profiles
- Generalised Anxiety Disorder (GAD)
- Oppositional Defiant Disorder (ODD)
- Rett Syndrome
- Muscular Dystrophy
- Emotional Regulation
- Developmental trauma
- Play based therapy and play skills
- Self care (including eating, dressing, sleep, dressing, toileting)
- Family-centred practice
- Trauma-informed practice
- Functional Capacity Assessment (FCA) report writing
- Home rehabilitation and therapy
- Paediatric development
- Parenting support
- Trauma & PTSD
- Anger
- Developmental delay
- Handwriting
- Gross motor skills
- Fine motor skills
- Self esteem / confidence
- Burnout including autistic burnout
- Sensory processing
- Introception
- Friendships & socialising

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