



Cathy Hennessy
Registered Nurse

With a Masters in Mental Health Sciences from Flinders University, Cathy's primary areas of interest are anxiety, depression, psychosis, suicide intervention and sleep disorders.

Cathy also specialises in increasing compliance in medical treatment and CPAP, having worked for five years with the Adelaide Institute for Sleep Health. During her university studies, Cathy was awarded a Centre for Anxiety and Related Disorders traineeship.

Cathy has worked in Improving Access to Psychological Therapies (IAPT) research project at Flinders Medical Centre, providing largely telephone based low-intensity CBT. Before working in community mental health, Cathy utilised CBT, DBT, ACT and mindfulness CBT to assist clients in reaching their goals.



Daniel Haebich
Mental Health Social Worker

An empathetic and experienced accredited mental health social worker, Daniel has worked with children, adolescents and adults in both private and public mental health sectors over the last 10 years.

Proficient in an eclectic range of psychotherapies including Cognitive Behaviour Therapy, Interpersonal Therapy, Psychodynamic Psychotherapy and Eye Movement Desensitisation and Reprocessing, Daniel has an interest in providing psychotherapy services to people suffering from depressive disorders, anxiety disorders, grief, drug and alcohol difficulties, and personality disorders. In particular, Daniel has an interest in providing psychotherapy services to people that have suffered from childhood traumatic experiences.



Gabi Soeffky
Psychologist

A committed and professional psychologist Gabi has extensive experience and training in the fields of mental health, employee assistance programs and disability. She has worked in both the private and public sectors in a range of settings.

With experience and a particular interest in working with post-traumatic stress, anxiety disorders, sleep disorders, grief, depression and stress management, Gabi uses a range of modes of treatment including interpersonal therapy, Eye Movement Desensitisation and Reprocessing (EMDR), hypnotherapy, mindfulness, and Acceptance and Commitment Therapy (ACT). She places high value on empathy, respect, privacy and trust in her relationships with clients.



Richard O'Loughlin
Psychologist

A registered psychologist for over 20 years Richard has significant experience working with people with complex needs. Richard has worked for many years in the public sector in a variety of clinical and management positions and has extensive experience working with people with a range of disabilities and behaviours of concern.

Richard has experience working with Aboriginal people, their families and communities. As a clinical practitioner, Richard currently provides psychological intervention to people who present with a range of mental health concerns including anxiety and depression.



Helen Reeves
Psychologist

As a registered psychologist on multidisciplinary teams Helen has been delivering clinical services and interventions in a range of community and hospital mental health settings since 1985.

Helen's experience includes working with clients with serious mental illness such as schizophrenia. She has also worked on Acute Care teams, and is currently one of the Links to Wellbeing, Suicide Prevention accredited clinicians. Experienced in delivering a range of cognitive and behavioural strategies, Helen works to help clients manage their symptoms of anxiety and depression. She also has an interest in Positive Parenting to assist depressed clients in managing their children's behaviour.



Linda Sims (Clinical Lead)
Mental Health Social Worker

With an honours degree in psychology, Linda has worked as a social worker since 2001, and specifically in mental health since 2006. Linda has provided individual focused-psychological therapies as both a private practitioner and as a salaried clinician and has attended a broad range of training opportunities including CBT, ACT, intensive DBT, mindfulness, perinatal, CALD, ATSI, LGBTI mental health and EMDR.

Linda enjoys assisting people to discover their own strengths and pathway toward recovery. Linda has had extensive experience working with Headspace and enjoys providing services to young people. Linda also has experience in working with adults and young people with anxiety, depression, chronic pain, grief and loss, BPD or BPD traits and LGBTI consumers.

Linda has an interest in working with Aboriginal people and with people from a non-English speaking background.



Lesley Porter
Therapist

With extensive experience as a therapist, Lesley has worked with individuals, couples and families. Having worked in mental health, women's health, domestic violence, childhood sexual abuse and refugee mental health, Lesley has broad experience in relationship and couple counselling and trauma-informed approaches.

Lesley engages with a range of relational practices in her therapeutic psychological interventions including: narrative, relational narrative (Johnella Bird), mindfulness-based cognitive therapy and mindfulness meditation for anxiety, depression, stress and somatic/physical pain conditions and chronic health conditions.

Drawn to evidence-based practice and body integrated approaches in mental health and trauma therapy, Lesley holds the therapeutic relationship as significant to all mental health and wellbeing outcomes.



Liz Taylor
Psychologist

Liz has 20 years' experience as a registered psychologist working in rural and urban settings across two states. Her areas of expertise are in treating trauma and drug and alcohol issues. Liz has worked as a sexual assault counsellor, trauma specialist following a natural disaster, worked with veterans and their families, worked in drug and alcohol services of a private psychiatric hospital and worked in GP rooms for over seven years. Liz is a member of the Australian Psychological Society (APS) and South Australian Society of Hypnosis (SASH).



Sharon Dyson (Clinical Lead)
Psychologist

As a psychologist with general registration, Sharon has worked in the not-for-profit sector in a number of clinical and managerial roles. Sharon has spent five years in private practice and has provided services in rural and remote areas as well as metro.

Sharon has experience with a range of mental health issues such as anxiety and depression, as well as understanding the impact of family and relationship issues on mental health, as she has provided relationship and couples counselling and worked with separating and post-separation couples. She also has training and experience in working with women’s sexual concerns and desire discrepancy, and has a strong interest in somatic approaches and the mind/body connection. Sharon has a good understanding of the disability sector and the NDIS.



Andrew Thompson
Psychologist

A registered psychologist, Andrew is experienced in working with people in community, educational and forensic environments.

Andrew believes that an empathic, non-judgemental approach, empowers people to identify and achieve their goals, as well as helping them to develop strategies for any mental health concerns.

Andrew’s therapeutic style predominately includes; Cognitive Behavioural Therapy (CBT), Interpersonal Therapy, Motivational Interviewing, and Mindfulness, with a person-centred foundation. Andrew has a particular interest in working with clients experiencing anxiety, depression, stress, OCD, and drug and/or alcohol issues.



Sonya Reid
Mental Health Nurse

Having worked in a variety of mental health settings Sonya, a credentialed Mental Health Nurse, coordinates the Suicide Prevention Service. Sonya’s experience includes acute mental health, community mental health and in primary mental health care settings.

Sonya’s role includes providing risk assessments and providing short-term counselling and other appropriate interventions aimed at keeping clients safe during acute mental health episodes and crisis.

She also enjoys working with clients who have a severe and persistent mental health illness, supporting them to gain the skills needed to lead a more positive life by looking after both their mental health and their physical wellbeing.

Contact us

Contact our **Clinical Lead** at Morphett Vale for referrals, further information or assistance.

Email: linkstowellbeing@neaminational.org.au

Phone: 08 8326 3591

Central intake fax: 1300 580 249

www.neamintaional.org.au/linkstowellbeing

Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National (lead agency), Mind Australia, Mental Illness Fellowship South Australia and Uniting Care Wesley Bowden.

