

About Me

Hello!
Shannon
Swales

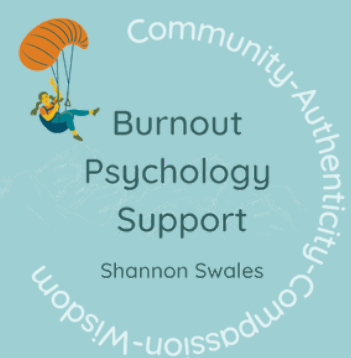


My name is Shannon Swales, and I am a perfectly imperfect Clinical Psychologist. I am passionate about supporting others with the mental health knowledge and skills to thrive in this life, to move from chronically stressed, burnt-out states to one of wellness.

My telehealth practice, Burnout Psychology Support, is a therapeutic space for anyone who feels overwhelmed, lost, alone, trapped and absolutely exhausted every single minute of every single day and looking for support to find a way out, a path through the chronic stress brought about by their work or caregiving responsibilities. A state I know all too well after burning out in February 2021, costing me my ability to work and forcing me to move from caring for others to caring for myself. A move that has helped me to the place of wellness I am at today, with the ability to move back to the career I was trained for, caring for others in a more balanced way.

Contact Details

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www.burnoutpsychologysupport.com



Presenting Issues that I can help with...

- Burnout
- Compassion Fatigue
- Life transition and adjustment issues
- Vicarious trauma/secondary stress
- Work-related issues - Stress (home/work)
- Relaxation training/emotional regulation
- Self-esteem and self-efficacy issues
- Personal development
- Identity problems
- Grief and loss
- Mild - moderate depression
- Interpersonal skills development to address relational issues (boundaries, assertiveness, communication, etc.)

Area of Focus

- Burnout
- Grief and Loss
- Self-Esteem and Self-Development
- Workshops
- Identity Problems
- Work Related Issues

Modalities Used

- Acceptance and Commitment Therapy (ACT)
- Compassion Focused Therapy
- Cognitive-Behavioural Therapy (CBT)
- Mindfulness-based therapies
- Rogerian Psychotherapy - Person-Centered Therapy
- Psychoeducation
- Motivational Interviewing

Client Focus

- Adults (18+)

Services

- Group Sessions (Telehealth)
- Individual Sessions (Telehealth)
- Workshops/Speaking Events
- Private Health Insurance and Medicare (Mental Health Therapy Plan)

Registration

- AHPRA: Clinical Psychologist PSY0000980023
- Medicare Provider 4702036J MHCP, CDMP
- DVA
- WorkCover QLD P0006590537
- Private Health Cover

