

About Me

Hello! Shannon Swales



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. The same knowledge and skills that have helped me overcome my mental health hurdles.

I come from a space of authenticity, community, compassion, and wisdom to walk alongside you through your health and well-being journey. Authenticity is about showing up as the person I am in that moment and encouraging you to do the same. Community is about helping facilitate connection to provide a space where people can truly heal. Compassion is about delivering and promoting kindness, empathy, encouragement, care and empowerment to help you grow. And wisdom is about sharing my psychological knowledge and skills so you can implement them to support your health and well-being.

To learn more about me
<https://www.linkedin.com/in/shannonswales/>

Presenting Issues that I can help with...

- Burnout
- Compassion Fatigue
- Life transition and adjustment issues
- Vicarious trauma/secondary stress
- PTSD - emotional/neglect abuse (occurring in childhood/adulthood)
- Work-related issues - Stress (home/work)
- Generalised anxiety and high-functioning anxiety issues
- Relaxation training/emotional regulation
- Self-esteem and self-efficacy issues
- Personal development
- Identity problems
- Grief and loss
- Mild - moderate depression
- Responding to physical health acute or chronic conditions
- Interpersonal skills development to address relational issues (boundaries, assertiveness, communication, etc.)

Area of Focus

- Burnout
- Compassion fatigue
- Vicarious trauma
- Grief and Loss
- Developing Compassion for Self
- Group Therapy and Workshops
- Identity Problems/Life transitions

Modalities Used

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

Client Focus

- Adults (18+)

Services

- Individual Sessions (Telehealth)
- Private Health Insurance
- Medicare (Mental Health Therapy Plan)

Registration

- AHPRA: Clinical Psychologist PSY0000980023
- Medicare Provider 4702036J