Psychologist, POOJA GUPTA

Pooja is a Registered Psychologist who currently works as a School Psychologist where she supports students with social-emotional, behavioural and learning difficulties.In addition to this, Pooja also provides mental health support via Tele-health for young people. Pooja has experienced in working with children and adolescents to address a range of presenting issues including anxiety, depression, friendship issues, bullying, stress management and building self-esteem. Pooja believes in the importance of working closely with parents and carers, as well as collaborating with schools, to provide the best outcomes for young people. She has a particular interest in working with families with diverse cultural backgrounds.Within her counselling, Pooja implements Cognitive Behavioural Therapy, Motivational Interviewing and Solution Focussed Therapy. Pooja is proficient in undertaking cognitive assessments and making recommendations to support students with learning needs.

Professional Associations

* Registered member of the Australian Health Practitioner Regulation Agency (AHPRA)
* Registered Supervisor with Australian Health Practitioner Regulation Agency (AHPRA)
* Fellow of the Australian Psychological Society (APS)
* Member of the APS Psychologists In Schools Interest Group