



**Finding a Christian Therapist**  
and other resources for mental health care



# Finding a Christian Therapist

## Counsellors, Psychologists and Psychiatrists

This resource has been produced by Campbelltown Anglican Churches to assist our members seek appropriate help for their individual circumstances. It is by no means an exhaustive or prescriptive list, but rather a guide or starting point. The list includes practitioners who have been made known to us through personal experience, research, or recommendations from others. It will not mean that these practitioners will be suitable for everyone who seeks them out, and we would encourage you to continue to search for helpful, caring therapists who can help you help yourself.

It may be the case that the best person for you to see is not a Christian. This too is ok. We hope that this resource will help you to find the right starting point. If you get to the end of this and feel you need still some help to get started, that's ok. The ministry team are willing and able to meet with you if and when you choose to.

### Why choose a Christian Therapist?

A good therapist, regardless of their faith, will draw on a variety of evidenced-based therapy tools and theories to assist them with their work. They will listen to your concerns without bias and assist you to find your own path forward. There may be occasions though, where it is helpful to have a therapist who shares your Christian worldview and understands the reasons behind your decisions and desired outcomes. Some examples of such issues are concerns around marriage, mental health issues and child rearing. Some therapists will draw on the Scriptures in their meetings with you, and some may pray with you. If this is something that you are after it might be helpful to ask them about it during your first visit with them.

### Who do I need to see?

#### Pastoral Care at Church

We are designed by God to be a part of a community. We want Campbelltown Anglican Churches to be a community where people are cared for well. You might find that talking with a good friend is all you need to help you work through some concerns. Don't underestimate the support a Growth Group can give, or the value of speaking to one of the ministers or pastoral care team. They will listen to you, pray with you, read the Bible with you, and seek to help you meet any immediate physical needs you might have (e.g. food, help at home, short term respite from your caring role). From time to time you may need more than what the church community can offer, and we would suggest that the next step is to speak with your GP.

#### Your GP

Your GP is the first stop for all physical and mental health concerns. They will triage any concerns you have and point you in the right direction for specialist assistance. If you think that counselling might be helpful for you or have some concerns about your mental health, your GP may be able to provide you with a Care Plan which will help offset some of the costs associated with counselling and further treatment. They might suggest you start some medication to assist with your mood. If you don't have a GP you can trust, perhaps ask a good friend if they can recommend someone. There are some Christian GP's listed in this booklet if you would prefer to see them.

### **Counsellor or Psychotherapist**

Counsellors and psychotherapists aim to work co-operatively with people to help them better cope with difficult life circumstances such as grief and loss, communication and relationships, work and career, stress, anxiety and depression, life transitions, parenting, self-esteem, spirituality and difficulties caused by addictions, trauma and abuse.

There are many different kinds of counsellors and psychotherapists, and their training and approach will vary considerably. Recognised training in counselling will often be in the form of an Advanced Diploma or Graduate Diploma.

We recommend that you seek counsellors who are members of the Psychotherapy and Counselling Federation of Australia (PACFA) or the Christian Counsellors Association of Australia (CCAA). Membership with these associations prompts your counsellor to be accountable and use best practice methods in their work.

There is no need to obtain a referral to see a counsellor, you can just call to make an appointment. Counsellors are not currently registered with Medicare so there are no health rebates or Care Plans available for your sessions. Most counsellors will have a sliding scale of fees to assist those in financial need.

### **Psychologist or Clinical Psychologist**

Psychologists are specialists in human behaviour, development and functioning. Common therapies offered by Psychologists include Cognitive Behaviour Therapy, Psychotherapy, Interpersonal Therapy, Counselling and Narrative Therapy.

Becoming a Registered Psychologist requires undergraduate study, followed by either two years of supervised experience (Psychologist) or completion of a postgraduate degree in Clinical Psychology (Clinical Psychologist).

Psychologists must be registered with the Australian Health Practitioner Regulation Agency (AHPRA) and undergo continual supervision and professional development to ensure that they engage in best practice.

Most Psychologists and Clinical Psychologists are registered with Medicare which means that you may get a letter of referral or a Care Plan from your GP before you see a Psychologist to help reduce the costs involved. This is not a necessity though, and you are free to call to make an appointment at any time.

### **Psychiatrist**

Psychiatrists are specialist medical doctors who diagnose mental illness. Psychiatrists require a medical degree and a minimum five years postgraduate specialisation in Psychiatry. Psychiatrists must be registered with the Royal Australian and New Zealand College of Psychiatrists (RANZCP). A letter of referral by a GP is normally required to visit a Psychiatrist. Your GP may refer you to a Psychiatrist if your concerns are complex, involve serious mental health concerns, or they feel you may need some medication management.

## **Christian GP's and Specialists**

### **Dr Amelia Haines**

Sexual Relationship Therapist – a Christian doctor who works with singles or couples

Ground Floor, Sheridan Building Moore Park Rd, Moore Park 2021

8323 6500

[www.ameliahaines.com.au](http://www.ameliahaines.com.au)

### **Schwarz Family Practice**

37 Hilder Street Elderslie, 2570

4658 0580

[www.schwarzfamilypractice.com.au](http://www.schwarzfamilypractice.com.au)

## **Christian Counsellors**

### **Anglicare**

1300 651 728

[www.anglicare.org.au](http://www.anglicare.org.au)

### **Bridges Counselling**

1 Blackwood Place Oatlands, 2117

9683 1444

[www.bridgescounselling.com.au](http://www.bridgescounselling.com.au)

### **Compassion Counselling**

1 Jordan Street Gladesville, 2111

0426 505 650

[www.compassioncounselling.com.au](http://www.compassioncounselling.com.au)

### **Members of Christian Counsellors Association of Australia (CAA)**

Use the search function on the website to find counselling centres and individual counsellor's details.

[www.caa.net.au](http://www.caa.net.au)

### **Anna Moss – The Family Systems Practice**

30 Grosvenor Street Neutral Bay, 2089

2 The Avenue Hurstville, 2220

9904 5600

[www.thefsp.com.au](http://www.thefsp.com.au)

## **Christian Psychologists**

### **Naomi Ash – At Full Potential**

8/16 Hill Street Camden, 2570  
4655 1694

[www.atfullpotential.com.au](http://www.atfullpotential.com.au)

### **Bridges Counselling**

1 Blackwood Place Oatlands, 2117  
9683 1444

Web: [www.bridgescounselling.com.au](http://www.bridgescounselling.com.au)

### **Christina Dickinson – Camden Child and Family Therapies**

35 Elizabeth Street Camden, 2570  
0427 861 861

[www.camdenchildtherapies.com.au](http://www.camdenchildtherapies.com.au)

### **Eddy Fracarossi – MacPsych**

15/171-179 Queen Street Campbelltown, 2560  
4620 7884

[www.macpsych.com.au](http://www.macpsych.com.au)

### **The Family Systems Practice**

A Family Systems therapist assists their clients in the ability to think as an individual while staying meaningfully connected to others. They will help you grow in your capacity to balance your emotions and your thinking while exploring your family of origin and helping you cope with difficult family connections. They deal with but don't focus on mental illness - rather exploring the challenges of being human in the relationships which affect us all. This way of seeing our life challenges avoids fault-finding and provides a unique path to maturing throughout our adult lives.

30 Grosvenor Street Neutral Bay, 2089  
9904 5600

[www.thefsp.com.au](http://www.thefsp.com.au)

### **Alyson Hicks, Clinical Psychologist**

Regal Professional Centre  
Level 1, 118 Main Street Mittagong, 2575  
4855 1060

[www.alysonhickspsychology.com.au](http://www.alysonhickspsychology.com.au)

### **Colleen Hirst – Merrylands Counselling**

11 Lowe Street Merrylands, 2160  
9760 1110

[www.merrylandscounselling.com.au](http://www.merrylandscounselling.com.au)

### **Kylie Pigeon – Riverlands Therapy**

71 Evans Street Penrith, 2750  
4731 8111

[www.riverlandstherapy.com.au](http://www.riverlandstherapy.com.au)

### **Greg Sorrell Psychology Solutions**

67 Birdwood Avenue Springwood, 2777  
4754 1095

### **Julianne Wallace**

Julianne is particularly interested in child and adolescent mental health.  
Suite 3, 16 Hill Street Camden, 2570  
4655 4936  
julianne.wallace5@gmail.com

## **Christian Psychiatrists**

Unfortunately, no Christian Psychiatrists are known or have been recommended to us as yet. This does not mean that there are not helpful Christian Psychiatrists available to see. Nor does it mean that you should avoid seeing a Psychiatrist. Remember, a mental health professional will work hard to help you help yourself regardless of their own religious or other personal beliefs.

This information was produced by Campbelltown Anglican Churches. All information was accurate at the time of production, however this may change over time without our knowledge. If you have any difficulties with these recommendations, please let us know so that we can keep this information as up to date and helpful as possible.

[office@campbelltownanglican.org](mailto:office@campbelltownanglican.org) :: 4625 1041

# Mental Health First Aid

Feeling overwhelmed and don't know where to start?

Remember, the first step is just to take a step. You might like to look at the following resources as a starting point. They are not Christian resources, but are excellent places to seek help regardless.

## **Need help Urgently?**

The following services provide crisis support around the clock. Their telephone counsellors will address your immediate concerns, ensure that you are safe, and help you decide if further support would be helpful for you.

**If you or someone you know feel like your life is in danger,  
please call 000 for assistance.**

***Lifeline***  
**lifeline.org.au**  
**13 11 14**

***Beyond Blue***  
**beyondblue.org.au**  
**1300 22 4636**

## **Feel like you can engage with some online resources?**

The following services do not provide crisis support, but they hold a wealth of information and links to further resources. Some services offer online assessments and short courses which may assist in lifting your mood and teach you some skills and strategies to use the next time your mood falls.

***MindSpot***  
mindspot.org.au

***Mood Gym***  
moodgym.com.au

## **Are you caring for someone with a mental illness?**

Caring for people is hard work. It is important to seek help for yourself and care for yourself well while you are caring for someone with mental illness. The following resources may help you do this.

***Mental Health Carers Australia***  
mentalhealthcarersaustralia.org.au

***Carers NSW***  
carersnsw.org.au

*Lifeline* and *Beyond Blue* also provide information for carers.