

# Denis McCarthy

## CLINICAL PSYCHOLOGIST

Denis is a member of the Institute of Clinical Psychologists (ICP) and several other professional psychology associations, such as the W.A. Sexology Society (All ICP members have a minimum of 8 years training in psychology). He serves on the Management Committee of the Anxiety Disorders Foundation, the Perth West Domestic Violence Action Group, and the Men's Health & Wellness Association.

Denis began his training in counselling, therapy, expressive arts, psychodrama, group therapy and conflict resolution in 1975. He started his psychology private practice in 1987 responding to people experiencing difficulties in their intimate and other relationships at home and work, and to those dealing with loss, abuse, trauma, stress-related illness, anxiety and depression. After his Master of Applied Psychology degree in 1996 he broadened his training to include mediation of family & interpersonal disputes, hypnotherapy, neurofeedback and more recently coaching and Heartmath (tool for accessing the heart's intelligence to lower stress, anxiety, and promote your body's optimal performance ... [www.int-a1.com/heartmath](http://www.int-a1.com/heartmath))

His psychology honours dissertation was on sexual jealousy. He has presented workshops on Jealousy at the University of W.A. Summer School. During the 90s he was a group therapist for the Sexual Assault in Families Programme where he helped develop and run several treatment groups, including Relapse Prevention and Positive Sexuality. He was a group therapist for the Domestic Violence Intervention Programme with the Marriage & Family Guidance Association and has worked for the Sexual Assault Referral Centre.

During the 70s and 80s Denis edited and published a health magazine "Whole Life Times", convened health & lifestyle expos, confests & seminars. A member of the Institute of Management Consultants and the International Coaching Federation (WA Branch), he now consults and coaches in Work-Life Balance, Stress, Wellness, Mental Fitness and Peak Performance, to individuals and organizations.

Denis is an associate of accredited rehabilitation providers and of several human resource consultancy companies providing EAP (employee assistance programmes), trauma services, psych testing, performance feedback & executive coaching.

## INFORMATION FOR CLIENTS

**Referrals and Rebates:** You do not need a referral to make an appointment. Clinical Psychologist's fees may be claimed through the ancillary benefits of private health insurance funds. The fees are fully covered by Worker's Compensation insurers and also the ICWA in cases of third party motor vehicle accident claims. Our services are rebated by all funds. Rebates vary between funds. Contact your health fund for up-to-date rebate rates.

**Consultations & confidentiality:** Appointments are usually for a standard session of 50 minutes. Most people do not need a large number of consultations (the average is 6 sessions). All information and records regarding you are kept strictly confidential.

**Fees:** Payment by cheque, cash, Bankcard, Mastercard or Visa should be made at the time of consultation. Concessional rates may be negotiated. Neurotherapy is discounted to \$100/session for each 10-session block payment. Health services are GST free.

**Broken Appointments:** If you want to change or cancel an appointment, we require two full working days notice. Occasionally people are prevented from keeping an appointment because of sudden illness or unexpected emergencies. If this happens to you, please contact us as soon as possible, and the fee will be waived. If you do not notify us of your inability to attend before your scheduled time, we will treat your non-arrival as a broken appointment, and the standard fee will apply.

**Before your initial consultation you should read our Conditions of Service, available from our office or website. Your acceptance of your initial appointment is taken as your Acknowledgement and Agreement to these Conditions of Service. Any variation must be made before your first appointment.**

# CLINICAL PSYCHOLOGY SERVICES

*Child, Adolescent & Adult Therapy  
for Personal & Inter-Personal Problems*



## Denis McCarthy CLINICAL PSYCHOLOGIST

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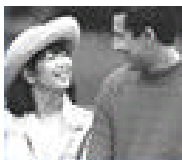
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[www.int-a1.com/dm](http://www.int-a1.com/dm)  
[dm@int-a1.com](mailto:dm@int-a1.com)

## PSYCHOLOGICAL TREATMENT



Denis's expertise is in dealing with the following issues:

- Attentional deficits (ADHD)
- Anxiety, panic and phobias
- Post trauma stress
- Pre-Menstrual Stress
- Depression
- Post-natal depression
- Bereavement, Grief & Loss
- Chronic pain
- Headache
- Insomnia
- Anger management
- Relationship difficulties
- Divorce or life transitions
- Sexual traumas
- Poor self esteem
- Marital conflict
- Habit problems
- Addictions
- Obsessive compulsive disorders
- Eating disorders



### Conflict Resolution and Dispute Mediation Services

For a non adversarial, cooperative approach to interpersonal, marital and family disputes including separation, divorce, defacto relationships, custody of children, property and financial agreements, call Denis McCarthy, LEADR & UNAA certified mediator, with training in mediation of couple, family and interpersonal disputes, or visit [www.int-a1.com/dm](http://www.int-a1.com/dm), or <http://www.int-a1.com/synergetics/crdms/index.html>

## CLINICAL APPROACH

Denis uses a variety of psychological approaches to assist you to effectively deal with your problem, and bring about positive change. After gathering sufficient background information to better understand your difficulty, he discusses how best to proceed to assist you to take charge of your problem, and to make the desired change. Generally, Denis combines the roles of a scientist, scholar, coach and therapist and prefers to work in a transparent, collaborative manner. He draws upon his training in Cognitive Behaviour Therapy, Acceptance and Commitment Therapy, Solution Focused Brief Therapy, Transactional Analysis, Humanistic-Existential Psychotherapy, Eye Movement Desensitisation and Reprocessing, Biofeedback, Neurotherapy and Hypnosis.

Neurotherapy or neuro-biofeedback has been developed over the past 30 years in the USA and Europe. It is used to treat a variety of problems, including insomnia, ADHD, anxiety, depression, addiction, trauma and pain - please refer to the brochure at [www.int-a1.com/dm](http://www.int-a1.com/dm) - Denis is the first clinician in W.A. to be trained in neurotherapy.

His "Neurotherapy" and "Sexuality & Relationship Therapy" pdf brochures are at [www.int-a1.com/dm](http://www.int-a1.com/dm).

### GROUP PSYCHOTHERAPY

Denis has extensive experience in group psychotherapy, including leading men's groups, couple enhancement groups, anxiety, stress and anger management groups, which he runs on week nights and weekends. Visit the website for details of forthcoming groups.

## CONSULTATION SKILLS

While an executive member of the Sexual Assault in Families programme Denis developed and ran the Relapse Prevention programme for several years. He later worked as coordinator of the Adolescent Violence Prevention programme for the Sexual Assault Referral Centre. He has worked in and helped establish programmes for dealing with anger and violence. He has served on the management committee of the Perth West Domestic Violence Action Group, Inc since 1999.

Denis has had many years experience in the occupational health field. He is an associate of leading EAP, workers compensation and rehabilitation providers. He has a particular interest in workplace stress, trauma, work-life balance and executive coaching.

### RESEARCH INTERESTS / SKILLS

Denis began his science degree at UWA in 1972 with the view to researching the biophysics of the brain and consciousness. This was interrupted in 1974 by a decade of group therapy training, and graduate studies in humanistic and transpersonal education and psychology. In 1986 he completed a psychology honours dissertation on sexual jealousy. In 1996 he completed his Master of Applied Psychology degree. His Masters dissertation integrating clinical and cross-cultural psychology, deals with psychological adjustment issues of sojourners, including depression, loneliness, homesickness and social anxiety. Denis is pursuing part-time research in occupational stress psychology at the University of W. Australia.