

## Denis McCarthy

CLINICAL PSYCHOLOGIST

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 and Family Guidance Association and has worked for the Sexual Assault Referral Centre. He is a member of several professional psychology associations including the Australian Psychological Society, and the W.A. Sexology Society. He serves on the Management Committee of the Perth West Domestic Violence Action Group, the Anxiety Disorders Foundation, and the Men's Health & Wellness Association.

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 Linley Jones & Assoc. Pty Ltd, an accredited rehabilitation provider, and of Wilson Banwell Pty Ltd, a nation-wide organization of psychologists which provides human resource consultancy services to organizations, including assessment, 360 degree feedback & executive coaching.



With divorce rates at 50%, it is clear that the human family is in crisis and couples face the most severe challenges to relationship stability ever. Research shows that on average, couples wait six years from the

first signs of problems before they seek help. A clinical psychologist with specialist skills in working with couples can provide therapeutic and educational services designed to help people sooner, repair troubled families, and help all couples and families remain strong and healthy. It is my mission to reach out to families in order to help create and maintain greater love and health in relationships. D.M.



**HeartMath-** Access the power of your heart's intelligence to lower your stress, anxiety and worry, improve communication and heal your body and life. Accredited 1-1 Provider: <http://www.int-a1.com/heartmath>

### The Art & Science of Love, Weekend Workshops for Couples

Four couples weekend workshops are offered per year. During the workshop, you will gain new insights and learn research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship. If you have a strong marriage, the workshop will provide you with insights and tools to make it even better. If your relationship is distressed, the workshop will provide you with a road map for repair. To find out more about the workshop program, dates, and registration information, please contact Denis McCarthy on 9430-7777 or 0500-567-500.

Individuals & Couples

## SEXUAL AND RELATIONSHIP THERAPY

*Helping you create  
& maintain greater  
love and health  
in relationships*

### Denis McCarthy

CLINICAL PSYCHOLOGIST

M. APP. PSYCH. (CLIN. & OCCUP.)  
B.SC., B.A. HONS (PSYCH.), DIP. ED.  
M. INSTITUTE CLIN. PSYCHOLOGISTS



Suite 12,  
158 High St  
Fremantle 6160  
Ph: 9430 7777

Suite 16,  
44 Kings Park Rd  
West Perth 6005  
Ph: 0500 567 500

also@ Garden City (Boorn), Rockingham, Perth

Fascimile: (08) 9430 4305  
[www.int-a1.com/dm](http://www.int-a1.com/dm)  
[dm@int-a1.com](mailto:dm@int-a1.com)

## CLINICAL PSYCHOLOGY SERVICES



### INDIVIDUAL THERAPY

Individual therapy is available to help with issues and problems in the areas of Love, Intimacy and Sexuality and the often related problems such as anxiety, panic, depression, grief, stress, insomnia, burnout, trauma, abuse of any kind, academic problems, or self esteem problems. Therapy is provided to persons of all ages ranging from children to older persons and ranges across a number of life cycle issues such as becoming a parent, death of a close family member, separation or divorce, and many others. The therapy is designed to help individuals gain awareness about their problems and learn new ways that may bring about powerful breakthroughs of impasses.



### COUPLE THERAPY see next column

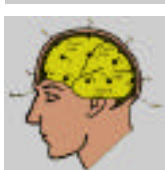
### FAMILY THERAPY

Family Therapy is also provided for family problems of any kind. Issues and concerns of single parent households, remarried families, non-traditional families, children, adolescents, and adults experiencing a divorce, school related problems and problems faced by adolescents such as substance abuse, addiction, anger management, anxiety (exams, social shyness), fears, panic, depression, and trauma



### PSYCHOLOGICAL TESTING AND EVALUATION

Psychological Testing and evaluation is available to individuals or on a consulting basis to agencies. Both clinical and occupational assessments are available, including academic, intelligence, ADHD, personality. For further information and enquiries contact Denis McCarthy (see front) or email: [DM@INT-A1.COM](mailto:DM@INT-A1.COM).

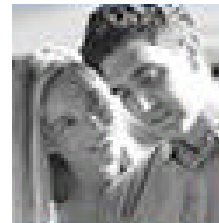


## COUPLE THERAPY

Couple Therapy for singles and couples to explore their own positive and negative patterns in relationships. Singles and couples learn to communicate in ways that foster intimacy, learn how to avoid the common traps and pitfalls of close relationships, learn how to create and maintain greater love and health in their relationships. Couple therapy has as its goal to co-create with the couple a safe therapeutic environment that empowers the partners in relationship to heal and grow toward wholeness.

Some of the issues dealt with in couple therapy are:

- communication difficulties
- conflict resolution
- anger, fear and shame
- physical and emotional abuse
- aggression & domestic violence
- romantic or sexual jealousy
- sexual dysfunctions
- self-esteem
- personal growth
- parenting concerns
- separation/divorce
- work and relationship stress



### PRE-MARITAL COUNSELING

Pre-Marital Counselling is available to couples who want to learn certain skills that will enhance their relationship whether they intend to marry or not. Such skills include: communication, intimacy enhancing, and conflict resolution.

### SEX THERAPY

Sex Counseling and Therapy to deal with sexual abuse and trauma, domestic violence issues, disorders of desire and of sexual functioning

### 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/crdms](http://www.int-a1.com/crdms)

## GROUP THERAPY FOR PERSONAL AND INTERPERSONALGROWTH

These & other groups are offered throughout the year.

### Couples Enhancement Workshop

This workshop aims to assist couples in enhancing their relationships by gaining new insight into issues common to romantic relationships and new possibilities for addressing them. Develop a new and deeper awareness of your self, your partner and the relationship. There will be opportunities for you to practice and develop your interpersonal skills; and to apply them to your relationship.

Length: Four 3-hour weekly sessions.

### Pathways to Intimacy

Wouldn't you like to create more love in your life? To create the loving relationship you've always dreamed of having? Join us for a one-day workshop on creating & maintaining Healthy Relationships.

Length: 1-day workshop

### Love, Intimacy & Sexuality

This group provides an opportunity to examine and shed limiting notions about love, intimacy and sexuality and to explore and create new ways of relating and communicating with people that are deeply satisfying, intimate, safe, and nourishing.

Length: 2-day weekend group.

### Jealousy: Friend or Foe??

Everyone experiences Jealousy (even if they deny it). Why not do something about it? In this group you will learn how to recognize it & how to deal with it in a positive way. Make jealous reactions enhance your relationships instead of destroying them. There will be ample chance to share examples from your own experiences. Both the others in the group and the leader will share their life experiences and solutions with you. Gain new tools to make jealousy a friend rather than a foe. If you are currently in a committed relationship, it would be beneficial for both partners to attend.

Length: 2-day weekend group.