



Psychologist PROFILES

Confidential counselling

Helen Killmier

BA, GradDipAppPsych, MAppPsych,
MAPS, FCCOMP, GAICD

Helen has over 25 years' experience as a psychologist working in executive management, on executive boards and as a clinician. Her sector experience includes disability, homelessness, alcohol and other drugs, justice, mental health and local government. She has a Masters degree and is a Psychology Board of Australia approved Supervisor.

Helen has worked with adults and adolescents providing counselling and psychotherapy for relationships, stress management, depression, suicidal ideation, trauma, anxiety, panic, phobias, grief & loss and work-related issues.

Helen has worked in the field of disability and dual diagnosis for many years and has particular understanding of this area. Her work encompasses a variety of therapeutic approaches depending on the situation and she is also a certified master practitioner of hypnotherapy.

Ben Moberley

BA, BSocSc (Psych) (Hons), MAppPsych,
MAPS

Ben is a psychologist, and community psychology registrar providing counselling and therapy and working in the disability sector. Ben completed his masters in community psychology and has held roles in private practice, research, community organisations and disability. Ben has previously worked with concerns such as trauma, stress, anxiety, grief and loss, depression and family or relationship difficulties. Ben also focuses on working towards well-being and self discovery prioritising the lived experience of each individual.

Ben's work is informed by a number of therapeutic traditions, and works collaboratively with the individual taking account of the unique context. Ben provides a safe environment to foster curiosity, growth and development as well as positive practical outcomes.