

# Psychologist PROFILES



## **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 psychologist providing counselling and therapy. Ben has previously 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.

**Daniel Morrison**

BA, GradDipPsych, MAppPsych  
(Community)

Daniel is a psychologist who uses a collaborative relational approach as foundation for providing a safe platform towards identifying and navigating individual goals. Through various experiences in mental health, forensic and disability supporting roles, Daniel has developed a particular interest trauma therapy, holding a strong sense of hope for recovery and reclamation of personal identity.

Daniel practises from a humanistic and body-centred approach that draws from various therapeutic models including Narrative Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and EMDR. With respect, partnership, and advocacy Daniel seeks to provide a safe and empowered space for members of marginalised communities including Aboriginal and Torres Strait Islander peoples, LGBTIQ and other gender diverse persons, and any person who has experienced systemic or social adversity.

**Kate Bennet**

BA (Hons), MAppPsych (Community),  
MAPS

Kate is a psychologist providing counselling and therapy that is person-centred, respectful and collaborative. Drawing on evidence-based therapeutic approaches, Kate supports clients to identify their strengths and develop skills to promote mental health and wellbeing. Kate has previously held roles in community development, health promotion, advocacy and research in the areas of ageing, disability, and children and families.

Kate has worked in community and school settings with clients experiencing a range of concerns, including stress and anxiety, depression, marginalisation and discrimination, parenting and families with disability. Kate's approach is flexible and relational, and is focused on providing a safe and supportive environment for clients to develop holistic and contextual understandings of their life experiences, and to explore and work towards their goals.

**Ana Romero**

M Psych Behaviour Analysis, PG Dip Psych , BA Psych

Ana is a provisional psychologist who values developing strong therapeutic relationships and empowers her clients to live engaged and meaningful lives. Ana brings the qualities of compassion and integrity to the therapeutic space and has a special interest in Acceptance and Commitment Therapy and Dialectical Behaviour Therapy.

Prior to registration as a psychologist, Ana provided therapeutic supports in a range of settings for 11 years and continues to draw on her experience in her practice. Ana has an interest in a range of therapeutic models and is passionate about applying trauma informed care to her practice.

**Catherine Killmier**

BA (Psych) (Hons), GradDipPsych, MProfPsych, Assoc MAPS

Catherine is a provisional psychologist who has a person-centred, trauma informed approach. Catherine has provided support to children, adolescents and adults experiencing challenges relating to their experience of disability, trauma, and social or systemic adversity, including dual diagnosis. Catherine believes in providing a strengths based, compassion focused practice to provide a safe and empowering environment. Catherine has a special interest in the mind-body connection and is interested in a number of therapeutic approaches including Mindfulness, Narrative Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Creative Arts and Play Based Therapies.