



# EGG

PSYCHOLOGY

New  
Clients  
Welcome

SUITE 3 / 35 TOORAK ROAD

**SOUTH YARRA 3141**

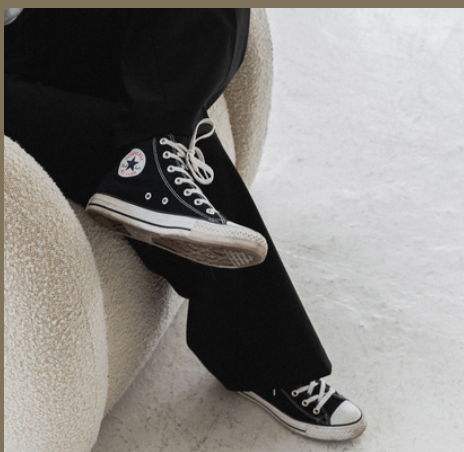
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[eg-psychology.com](https://www.eg-psychology.com)



### **Meet the EG in EGP**

Erin is a registered psychologist who employs a motivational, and strengths based approach that is guided by the principals of positive psychology and mindfulness philosophy.

Whether it's online or in-person, Erin aims to create an inclusive, compassionate and relaxed session space that makes you feel at-ease, safe and heard. Erin believes that to achieve this, authenticity in session is key and that where appropriate, bringing a sense of humour to the therapy space is a must.



### **Individual Support**

EGP offers counselling, coaching and psychological support to adult clients. To allow for accessibility and flexibility, sessions can be held in person at our practice in South Yarra or online via a Telehealth platform.

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### **Services**

EGP offers support in the management and treatment of a range of mental health conditions, as well as support for adjustment and life transitions, pregnancy and post partum support, stress management and personal and professional development.

Erin will be completing training in ADHD assessment in early June 2024. A waitlist for assessment services will open in May 2024.



### **Non Directive Pregnancy Support Counselling**

NDPSC is available at EGP for any person who is currently pregnant or who has been pregnant in the preceding 12 months. The service may be used to address any pregnancy related issues for which non-directive counselling is appropriate. To access this rebated service (up to 3 sessions annually), a referral from a GP is required. MBS item no. 81000



scan the code for a free stress and self-care guide

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