



DR. AUDE PLONTZ

CONSULTANT PSYCHOLOGIST

Aude works with adolescents and adults who are challenged by past trauma, relationship difficulties, life transitions, anxiety, or depression.

AUDE'S INTERESTS INCLUDE:

- Post-traumatic stress
- Relationship difficulties
- Phobias (e.g. particularly tokophobia - fear of childbirth)
- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Life adjustment / transition difficulties
- Trauma and abuse
- Workplace difficulties
- Emotional recovery from accidents

WHO SHOULD YOU REFER TO AUDE?



Adolescents, adults, or elderly who feel anxious, depressed, lacking self-esteem or stressed.



Individuals who need help dealing with trauma or a major life transition - such as refugees, veterans, and victims of crime or accidents.



Couples or families who want to work together to improve their relationships.



Clients from Culturally and Linguistically Diverse (CALD) backgrounds.



Aude consults from our **East Melbourne** clinic

T: (03) 9419 7172

E: reception@vcps.com.au

www.vcps.com.au

VICTORIAN COUNSELLING & PSYCHOLOGICAL SERVICES



VCPS practitioners operate out of seven locations across Melbourne:

East Melbourne - 62 Wellington Parade

Melbourne CBD - QV, 292 Swanston Street

South Yarra - 99 Commercial Road

Mill Park - 20 Civic Drive

Sunshine - 324 Hampshire Road

Richmond - 620 Victoria Street

Canterbury - 215 Canterbury Road

Telehealth - available anytime, anywhere



Languages available:

Greek, Polish, German, French, Italian, Kannada, Hindi, Coorgi, Cantonese, Arabic & Mandarin.

For all enquiries please contact:

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