



DR. SIOBHAN REDDEL
SENSORY MEDICAL PSYCHOTHERAPIST
GENERAL PRACTITIONER

Siobhan works with adults challenged by traumatic or stressful conditions that are affecting both their mental wellbeing and nervous system functioning.

SIOBHAN'S INTERESTS INCLUDE:

- Trauma and stress-related conditions
- Chronic pain
- Anxiety
- Depression
- Addiction issues
- Problematic relationship patterns
- Emotional dysregulation
- Post-traumatic stress
- Phobias
- Eating disorders
- Personality disorders

WHO SHOULD YOU REFER TO SIOBHAN?



Individuals need help dealing with a traumatic event or the 'traumas of everyday life'.



Individuals who have a mental condition that is affecting their nervous system functioning.



Individuals who suffer from chronic pain that has been difficult to diagnose or treat with traditional methods.



Individuals with detrimental behavioural habits e.g. teeth grinding or tics



Siobhan 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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