



CENTRE SELF
COLLECTIVE

Therapist Matching Guide

Starting therapy? Use this guide to find your therapist match
— because the right therapist makes all the difference.

What you will find inside:

- Checklist - things to consider before deciding on a therapist.
- Specific areas of support with our recommended therapist matches for you
- An overview of all our therapists at Centre Self Collective
- How to book in with us today





Check List - Things to consider before deciding on a therapist:

Reflect on What You Want to Focus On

What brings you to therapy right now? (Check all that apply)

- ☐ Anxiety
- ☐ Trauma
- ☐ Stress
- ☐ ADHD
- ☐ Depression
- ☐ Relationship challenges
- ☐ Perfectionism
- ☐ Identity, motherhood, or life transitions
- ☐ Emotional regulation
- ☐ Something else: _____

What are you hoping to get from therapy?

(e.g., clarity, coping tools, deep healing, nervous system regulation)

Reflect on identity:

Are there aspects of your therapist's identity or worldview that matter to you?

- ☐ LGBTQIA+ affirming
- ☐ Neurodivergent affirming
- ☐ Trauma-informed / culturally responsive
- ☐ Lived experience with mental health recovery, chronic illness or disability
- ☐ Specific cultural, racial, or ethnic background
- ☐ Specific gender identity or expression
- ☐ Specific age group
- ☐ Experience with parenting
- ☐ Other: _____





Check List - Things to consider before deciding on a therapist:

Look for Approach & Training

Do you want your therapist to work in a specific way?

- ☐ Trauma-informed
- ☐ Nervous system-focused
- ☐ Attachment-based
- ☐ Creative (e.g., art therapy)
- ☐ Somatic or body-based
- ☐ EMDR
- ☐ Open to exploring with guidance

Practical Fit

What days/times work best for you?

- ☐ Weekdays
- ☐ After hours
- ☐ Weekends
- ☐ Flexible

Fee preference:

- ☐ Full fee OK
- ☐ Would like to explore sliding scale options
- ☐ Using NDIS or other funding



What do you resonate with?

Check the boxes to find out who we would recommend based on what you connect with.

Chronic worry, panic attacks, burnout, or overwhelming stress.

- ☐ Do you often feel overwhelmed by daily tasks?
- ☐ Do you experience physical symptoms (e.g., tension, rapid heartbeat) when stressed?
- ☐ Do you avoid situations because of anxiety?
- ☐ Do you struggle with "turning off" your thoughts?

Motherhood

- ☐ Are you feeling disconnected from your body or your sense of self?
- ☐ Do you feel isolated in your experience, like no one truly understands?
- ☐ Are you overwhelmed by emotions that are hard to name?
- ☐ Are you haunted by moments from your birth that others have brushed off?
- ☐ Are you experiencing exhaustion, grief, or a sense that something isn't right?

PTSD, childhood trauma & neglect, or attachment wounds affecting daily life.

- ☐ Do past experiences still trigger strong emotional or physical reactions?
- ☐ Do you feel disconnected from your body or emotions?
- ☐ Do you avoid certain topics because they feel too painful?
- ☐ Do you struggle with trust in relationships?

Couples, or individuals facing relationship issues, conflict or communication breakdowns.

- ☐ Do arguments with your partner/family leave you feeling unheard?
- ☐ Do you repeat the same conflicts without resolution?
- ☐ Do you feel lonely even in close relationships?
- ☐ Are childhood dynamics affecting your current relationships?

ADHD & Neurodivergence

- ☐ Is it hard to start tasks, even the important ones—until they feel urgent or overwhelming?
- ☐ Do you lose track of time, appointments, or items... even when you're really trying to stay on top of things?
- ☐ Do you struggle with emotional regulation?
- ☐ Have you been called lazy, dramatic, disorganised, or unreliable, when really, you were doing your best?

Depression

- ☐ Do you feel emotionally disconnected, even from people you love deeply?
- ☐ Do repeated conflicts or long silences leave you feeling hopeless or invisible?
- ☐ Do you find yourself pulling away from connection, unsure how to reach back out?
- ☐ Are early relational wounds still influencing your current sense of self and belonging?

Professionals, athletes, or creatives struggling with perfectionism, burnout, or self-doubt.

- ☐ Do you tie your self-worth to productivity or success?
- ☐ Do you feel like an "imposter" despite achievements?
- ☐ Is it hard to relax or take breaks without guilt?
- ☐ Does high-pressure work negatively impact your health or relationships?

Next step: matching with a therapist

Now that you have worked through the above check boxes, go back and take note of what areas you have two or more boxes checked. Then head to our "Met the Team" pages and match your support areas with each therapist "Supports with:" Section

My main areas of support needs:



Meet the Team — Find Your Match



Amy Howell (she/her)

Accredited Mental Health Social Worker

Supports with: *Chronic worry, overwhelming stress, PTSD, childhood trauma & neglect, or attachment wounds affecting daily life, professionals struggling with perfectionism, burnout, or self-doubt, personality disorders.*

Modalities: EMDR, Schema Therapy, Mindfulness, DNMS

Offers: Individual Therapy, EMDR Intensives, Group Therapy

Style: Kind, calming, and curious

Location: Brunswick & Telehealth

Fee: \$230 per session (Medicare rebates available)



Tamera Broughton (she/her)

Accredited Mental Health Social Worker

Supports with: *PTSD, childhood trauma & neglect, or attachment wounds affecting daily life, professionals, athletes, or creatives struggling with perfectionism, burnout, or self-doubt.*

Modalities: EMDR, Parts Work

Offers: EMDR Intensives and extended sessions

Style: Collaborative, warm, evidence-based

Location: Daylesford & Telehealth

Fee: \$230 per session (Medicare rebates available)



Bronte Taylor (she/her)

Accredited Mental Health Social Worker

Supports with: *Chronic worry, panic attacks, burnout, or overwhelming stress | Motherhood Support & Identity | PTSD, childhood trauma & neglect, or attachment wounds affecting daily life*

Modalities: EMDR, Schema Therapy, Emotion Focused

Offers: Individual therapy, group therapy, EMDR & EMDR Intensives, Pregnancy & Birth Debriefs

Style: Gentle, validating, trauma-informed

Location: Brunswick & Telehealth

Fees: \$230 per session (Medicare rebates available)



Greg Neale (he/him)

Creative Arts Therapist

Supports with: *Chronic worry, panic attacks, burnout, or overwhelming stress | ADHD & Neurodivergence | Depression, Young people, Families*

Modalities: Creative Art Therapy

Offers: Art Therapy, ADHD Teen Group, Transition Support Group (Year 6–High School)

Style: Creative, inclusive, playful

Location: Brunswick

Fees: \$200 per session



Aaron Hockaday (he/him)

Social Worker

Supports with: *Chronic worry, panic attacks, burnout, or overwhelming stress | Couples, or individuals facing relationship issues, conflict, communication breakdowns | ADHD & Neurodivergence | Depression*

Modalities: ACT, CBT, Schema Therapy, Gottman

Offers: Individual therapy, couples therapy & ADHD Groups

Style: Non-judgmental, calming, warm

Location: Brunswick

Fees: \$160 per session, \$210 per couple



Jules Lemke (she/her)

Social Worker

Supports with: *Chronic worry, panic attacks, burnout, or overwhelming stress | PTSD, childhood trauma & neglect, or attachment wounds affecting daily life | Couples, or individuals facing relationship issues, conflict, communication breakdowns*

Modalities: Schema Therapy, Gottman, ACT, DBT, CBT

Offers: Individual Therapy and Couples Therapy

Style: Supportive, systems-informed

Location: Brunswick

Fee: \$160 per session, \$210 per couple.



Ashlee Ruskin (she/her)

Social Worker

Specialties: *PTSD, childhood trauma & neglect, or attachment wounds affecting daily life | Couples, or individuals facing relationship issues, conflict, communication breakdowns*

Modalities: Schema Therapy, Gottman

Offers: Individual therapy, couples therapy, group therapy

Style: Client-centred, relational, and collaborative

Location: Brunswick and Telehealth

Fees: \$160 per session, \$210 per couple



Shane Neville (he/him)

Accredited Mental Health Social Worker

Supports with: *Chronic worry, panic attacks, burnout, or overwhelming stress, relationship issues, grief and loss, depression*

Modalities: EMDR, ACT, Schema Therapy, DBT

Offers: Individual therapy

Style: Collaborative, respectful, and flexible

Location: Brunswick & Telehealth

Fees: \$230 per session (Medicare rebates available)



Sin-Ying Tan (she/her)

Accredited Mental Health Social Worker

Specialties: *Chronic worry, panic attacks, burnout, or overwhelming stress | Depression | Professionals, athletes, or creatives struggling with perfectionism, burnout, or self-doubt. Personality disorders. Addiction.*

Modalities: EMRD, DBT, Mindfulness

Offers: Individual therapy

Style: Client centred and compassionate

Location: Brunswick

Fees: \$230 per session

Why Centre Self Collective

- **Evidence-Informed:** Therapies grounded in research and best practice.
- **Relationally Attuned:** Care that honours your personal and social context.
- **Holistic Support:** We address emotional, physical, spiritual, and relational wellbeing.

Getting started with your Therapist:

Scan this QR code to fill in our contact us form. We will then give you a call to organise your first session and create you a client profile.



Want to book directly in with your chosen therapist? Scan this QR code and secure your first session.



Please note some services cannot be booked before speaking with our Team to ensure suitability.