

Tania is a clinical psychologist of over 22 years experience, with a strong commitment to providing her clients with cutting-edge, evidence-based therapy to support wellbeing. Tania offers friendly, affordable, comprehensive mental health care.

TANIA'S MISSION IS TO EMPOWER YOU TO BUILD STRONG THINKING AND EMOTIONAL REGULATION TO THRIVE IN YOUR PERSONAL, SOCIAL & WORK LIFE.

Tania is registered with the Psychology Board of Australia, the Australian Psychological Society (Clinical College and Board Approved Supervisor) and is an eligible Medicare, Work Cover, DVA and TAC Provider. Tania is also an internationally recognised author, professional trainer in CBT, and researcher at La Trobe University (OTARC).

Tania has received advanced training in a range of evidence based Cognitive Therapies including Cognitive Therapy, Rational Emotive Behaviour Therapy (REBT), Mindfulness and Acceptance and Commitment Therapy, Hypnotherapy and Embodied Cognition.



Appointments and funding sessions

- Clients can attend through self referral, or via a referral from a doctor (including psychiatrist, specilist doctor or paediatrician)
- A doctors referral is required for Medicare Rebates.
- Limited bulk billing and discounted rates for pensioners and HCC holders are offered.
- For bookings or more information please call our friendly reception staff.

The Digestive Health Centre

**For bookings please call:
(03) 9791 8788**

90 David Street Dandenong VIC 3175
Email: tania@digestivehealth.com.au
digestivehealth.com.au/dr-tania-pietrzak-z



Member
Australian
Psychological
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Dr Tania Pietrzak Psychological Services

EXPERIENCED **CLINICAL PSYCHOLOGIST** SPECIALISING IN THE TREATMENT OF FUNCTIONAL GUT RELATED AND EATING DISORDERS



Therapy

Can help with a wide range of emotional and behavioural problems including but not limited to: functional gut disorders exacerbated by stress or emotional symptoms (Irritable Bowel Syndrome, functional abdominal pain, functional chest pain, functional diarrhoea, constipation). Therapy can also help with anxiety, anger management, habit disorders, eating disorders, sleep problems, stress management, behaviour management, sexual dysfunction, relationship and communication problems, trauma and PTSD, depression, pain management, conflict resolution, loss and grief and bed wetting.

Treatment

Tania treats people of all ages: children, adolescents, parents, families, couples and adults. As an experienced clinical psychologist she has advanced knowledge in the application of treatment of more complex clinical presentations.

Tania specialises in all child psychology disorders, functional gut related disorders, eating disorders, autism, ADHD, ODD and Conduct Disorders and couple therapy.

Tania also offers:

- Full diagnostic assessments for ASD
- Cognitive and Behavioural Assessments
- Legal Reports
- Telehealth (medicare rebates available) for rural and remote areas

CBT

Cognitive Therapy

Mindfulness

Self Instructional Training

Hypnotherapy

Embodied Cognition

Dialectical Behaviour Therapy

Acceptance & Commitment Therapy

Cognitive Behaviour Therapy (CBT) is the most effective form of therapy for treatment of mental health problems. CBT works on the premise that it is not what happens that causes how we feel and what we do, but how we think about what happens. CBT uses a collection of cognitive, behavioural and emotive strategies. It works by identifying thoughts, feelings, behaviour and environmental factors that maintain problems. CBT develops solutions to these problems through: deepening feelings, restructuring thoughts and emotional regulation.



Mindfulness

Mindfulness is the opposite of thinking. It is shifting into sensing mode and being. Mindfulness offers a way of freeing oneself from automatic and unhelpful ways of thinking and responding. Techniques include body scan, noticing and then shifting one's attention away from thoughts and feelings, acceptance of uncomfortable feelings and leading a values driven life.

Sessions

Sessions last for 50-60 minutes and a course is typically 10-12 sessions. Tania offers individual sessions, couple and family therapy.

How does Cognitive Behaviour Therapy work?



Hypnotherapy

Clinical hypnosis is a successful and evidence based verbal intervention that uses a special mental state of enhanced receptivity to suggestion to facilitate therapeutic psychological and physiological changes. Treatment sessions begin with an induction of the hypnotic state followed by deepening of the altered state with the aid of counting, physical relaxation and guided mental dissociation from the here-and-now. In the hypnotic state clinical intervention is composed of targeted verbal suggestions and therapeutic imagery to encourage improvement in functional gut symptoms. Imagery and suggestions commonly aim at regulating smooth muscle activity, reducing the impact of stress on GI symptoms, reducing gut pain perception and attention to symptoms, and increasing the client's sense of control over symptoms.

Other services offered

- Free Interpretation service.
- **FROM 1ST NOVEMBER 2019**
Up to 40 individual Medicare rebatable sessions for treatment of complex eating disorders (bulimia, anorexia nervosa). Tania will also be running group therapy for people with eating disorders throughout the year.