



LOUISE MASTERS

Accredited Mental Health Social Worker

PROFILE

Louise is an experienced mental health practitioner, having worked in the industry in New South Wales and Queensland since 2001.

Individuals and families have had benefit from the therapies provided by Louise, particularly because they are tailored to each person's needs.

If you are searching for someone to collaborate with you as you reclaim mental and personal wellbeing consider making an appointment.

CONTACT

PHONE:
02) 4933 2622

WEBSITE:
Lorn Surgery

EMAIL:
masterswellbeing@gmail.com

GOALS

Stay healthy
Practice Mindfulness
Exercise regularly
Gratitude

EDUCATION

James Cook University Master of Social Work (PQ) 2012

GPA 6.4, created Student Mentor Program, convened Mental Health Conference, led workshops and offered mental wellbeing lectures

Newcastle University

Master of Philosophy Neurobiology of stress 2001 -10

Thesis explored individual differences in neurobiology and endocrine responses to social stress.

Presentation at International Conferences, workshops and education

WORK EXPERIENCE

Private Practitioner; Accredited Mental Health Social Worker

Provision of psychoeducation, psychotherapies, strengths-based counselling and collaboration with individuals and their significant others. Therapies provided are based in CBT, DBT, ACT, EFT and EMDR modalities, being updated in accord with best practice guidelines.

NSW Health; Senior Social Worker

Intermediate Stay Mental Health Unit 2018

Provision of services, information, psychoeducation and facilitation for families and individuals. MDT member and trainer, workshop convener.

NSW Health; Specialist Rehabilitation Clinician

2013 – 2017

Mental Health services for families and individuals that fostered wellbeing while remaining in the familiar setting of home. Convened Social Work Conferences 2014-17.

SKILLS AND THERAPIES

Skills	Therapy Modes Offered	
Respect	Trauma counselling	Depression management
Authenticity	Self Regulation	Relationship issues
Curiosity	Distress tolerance	Grief and loss
Listening	Mindfulness	Chronic mental illness
Empathy	Anxiety management	Victims Services