



The Bridge Church

## Recommended Psychologists and Counsellors – as at Jan 2021

Name/Practise	Type of psychology	Location	Contact/website
Anglicare Counselling	Christian psychologists/trained professional counsellors. – Jenny Nixon and Jane French have expertise in sexual assault and marriage – note Anglicare screen for domestic abuse before seeing any individual or couple. This is “best practice” following guidelines for responding to domestic abuse	Summer Hill	<a href="https://www.anglicare.org.au/what-we-offer/counselling/">https://www.anglicare.org.au/what-we-offer/counselling/</a> 9798 1400 Anglicare offers system where you pay what you can afford – means tested. You need to call the main phone number and specify you want to see someone at Summer Hill – they are the closest to the Lower North Shore
Resilience Centre	Christian psychologists and professional counsellors	Epping	<a href="https://www.theresiliencecentre.com.au/">https://www.theresiliencecentre.com.au/</a> 9869 0377
Hillsong City Care	Psychologists and Professional Counsellors. See their website for the range of services they offer and their fee structure.	Baulkham Hills	<a href="https://hillsong.com/citycare/hillsong-health-centre/">https://hillsong.com/citycare/hillsong-health-centre/</a> 8846 4663
Cottage Counselling Centre	Christian psychologists, counsellors	Belrose, Lindfield, Manly, Crow’s Nest, Narrabeen	<a href="http://cottagecounselling.org.au/">http://cottagecounselling.org.au/</a> 9972 0141
Simon Foster	Christian counsellor/psychotherapist	Neutral Bay	0404 018 777
Nicky Lock	Anglican	Narrabeen Cremorne	0415 312 557 <a href="mailto:nicky.lock@cottagecounselling.org.au">nicky.lock@cottagecounselling.org.au</a>
Jennie Lakos		Narrabeen, Lindfield	0407 000 9451 <a href="mailto:jenlakos@bigpond.net.au">jenlakos@bigpond.net.au</a>

Deswyn Bird (Silverleaf Counselling)	Anglican	Sutherland Shire, Sydney CBD	<a href="mailto:silverleafcounselling@yahoo.com.au">silverleafcounselling@yahoo.com.au</a> 0408 876 282
Jenny Brown and The Family System Institute	Counsellor/therapist/family therapy	Neutral BAY	<a href="https://www.thefsp.com.au">https://www.thefsp.com.au</a> Phone: 02 9904 5600
Lisa Champion	Christian individual/couple counsellor	Pymont	0408 460 518
Peter Davidson	Counsellor/therapist	City	<a href="https://www.peterdavidsoncounsellor.com/">https://www.peterdavidsoncounsellor.com/</a> 0426 505 650
Dawn Smith	Christian – experienced with sexual assault and marriage	Enfield	0418 954 804
Mel Fung	Christian psychologist	Glebe	0422 545 595
Baptist Care – counselling & Family Services	This is a long way from lower North Shore, but their services are good.	Bankstown	<a href="https://baptistcare.org.au/our-services/community-services/centres/bankstown#fndtn-overview">https://baptistcare.org.au/our-services/community- services/centres/bankstown#fndtn-overview</a>
Dr Cliff Powell	Uniting	Mona Vale	9987 1151 <a href="mailto:cliff@themindspace.com.au">cliff@themindspace.com.au</a> (Medicare)
Greg Powell	Pentecostal	Mona Vale	9987 1151 <a href="mailto:greg@themindspace.com.au">greg@themindspace.com.au</a> (Medicare)
Derek Ebbs	He is currently one of the co-facilitators for the Men’s behaviour change group we run at Parramatta. He does some work also for Relationships Australia, and has private practice rooms in Drummoyne. He will be very familiar with the work of Lundy Bancroft. Highly recommended for husbands who struggle with anger issues and for husbands who “perpetrators” of DV. Highly recommended	Drummoyne	Text / Call 0419 250 373 Email: <a href="mailto:derek@fullyhumanfullyalive.com.au">derek@fullyhumanfullyalive.com.au</a>

Horizons Family Law	<p>Thornleigh Baptist Church. I'm happy for you to refer this to people at our church in need of the service. The details of the legal centre are here: <a href="http://www.horizonsfamilylaw.org.au">www.horizonsfamilylaw.org.au</a></p> <p>We also offer a telephone advice service on Tuesday and Thursday 9am – midday. The phone number is 9484 0093.</p>	Thornleigh	<p><a href="http://www.horizonsfamilylaw.org.au">www.horizonsfamilylaw.org.au</a></p> <p>We also offer a telephone advice service on Tuesday and Thursday 9am – midday. The phone number is 9484 0093.</p>
Liz Pash	Sids and Kids – Bereavement counsellor - grief		<p>0403 446 265</p> <p>Liz is a Christian and comes highly recommended.</p>
Fiona Simpkin	Counsellor/therapist	Cammeray	<p><a href="mailto:fscounsellor@gmail.com">fscounsellor@gmail.com</a></p> <p><a href="http://fionasimpkin.com">fionasimpkin.com</a></p>
Jenny Brown and The Family System Institute	Counsellor/therapist/family therapy	Neutral BAY	<p><a href="https://www.thefsp.com.au">https://www.thefsp.com.au</a></p> <p>Phone: 02 9904 5600</p>