

ROMI KAUFMAN, MAPS - Director | Principal Psychologist

A registered psychologist for over 14 years, Romi was the Senior Psychologist and Head of Clinical Care & Wellbeing at The Reach Foundation for 8 years before moving to private practice.

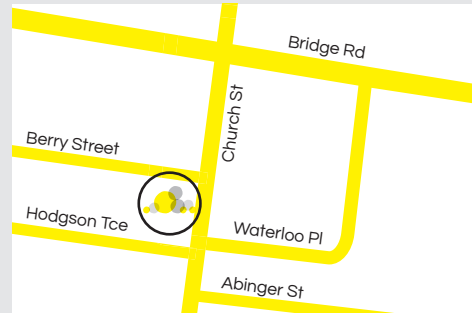
Romi has a particular interest in Positive Psychology. She is one of only a handful of registered psychologists in Australia who trained with Professor Martin Seligman, the founder of this burgeoning area of psychology, in 2008. She believes that people can be happier and more satisfied with life by learning tools, habits and strategies that have been linked to greater fulfilment.

She is also experienced in using Cognitive Behavioural Therapy, Interpersonal Therapy, Acceptance & Commitment Therapy, Mindfulness, Motivational Interviewing, and Family Systems Therapy, and is able to use a combination of therapeutic styles based on the individual needs of her clients. Romi has worked extensively with adults & adolescents. She enjoys working collaboratively with people, creating a safe and respectful environment in which to explore personal challenges, and realise the potential to lead happy and engaged lives.

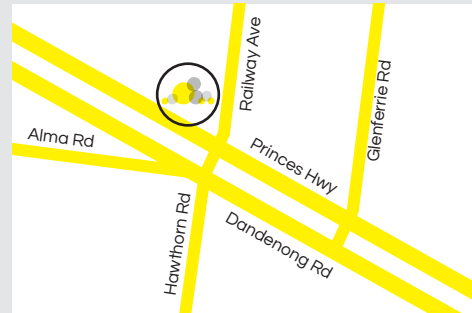
As Director of Thriving Mind, Romi has been a presenter at a number of international conferences and co-created a world-first online positive psychology program for teenagers. Romi has also trained the Principals & leading teachers in over 35 schools & youth organisations on the application of positive psychology, and taught the Mindfulness based Health Enhancement Program at Monash University.

LOCATIONS & APPOINTMENTS

RICHMOND: 272 Church Street,
Richmond VIC 3121



ARMADALE: 601 Dandenong Rd,
Armadale, VIC 3143



For public transport and parking information,
go to www.thrivingmind.com.au

MAKING AN APPOINTMENT

T: 0409 763 101

E: info@thrivingmind.com.au

To make an appointment or discuss any queries you might have, please email or call. All messages will be promptly returned. Your privacy will always be maintained.



Thriving Mind Psychology



Helping individuals, communities
and organisations to thrive.

www.thrivingmind.com.au



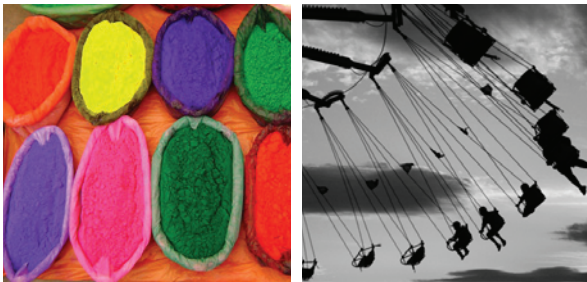
THRIVING MIND PSYCHOLOGY

Thriving Mind Psychology is a private psychology practice, specialising in helping adults and adolescents to productively manage a variety of life challenges to strengthen and maintain their personal and interpersonal wellbeing.

We provide short to long-term therapy and coaching, guided by knowledge and experience gained through many years of practise.

We see clients presenting with a wide range of clinical issues, as well as those looking to enhance and enrich their lives. A confidential tailored approach is developed to suit each person's individual needs.

Thriving Mind is a Medicare registered practice.



AREAS OF SPECIALITY

We know that people seeking counselling are often both nervous and excited at the prospect of making positive changes in their lives, so we focus on making all clients feel safe and well taken care of. Along the way, we check in with clients to ensure that they are receiving the care they are after and that results are measurable. We specialise in using both evidence based positive psychology and traditional psychology for:

- Anxiety, panic and stress
- Depression
- Obsessive Compulsive Disorder
- Grief and loss
- Life adjustment or dissatisfaction
- Relationship challenges
- Assertiveness and communication skills
- Self esteem and confidence
- Study issues, goal setting and decision making
- Insomnia and other sleep issues
- Identifying and drawing upon character strengths in order to flourish
- Life/personal coaching

See www.thrivingmind.com.au for our full range of approaches and services, including positive psychology and mindfulness workshops.



FEES & REBATES

You may be eligible for a Medicare rebate of \$87.43 per session for up to 10 sessions in a calendar year.

If you wish to apply for this rebate, please make an appointment with your GP for a Mental Health Care assessment.

If you are assessed as eligible, your GP will provide you with a referral letter. Please bring this letter to your first counselling session.

Alternatively, you may wish to claim a rebate from your private health insurer. A GP referral is not required if you wish to pay privately.

Fees are payable in cash or by direct fund transfer on the day of your treatment session. You will receive a receipt to claim your rebate.

