

The Rosewood Centre is here to support people in our community to improve their mental health and wellbeing.

Our dedicated team of experienced psychologists and clinicians are passionate about helping people to live well and work towards their goals.

We welcome people of all ages and stages of life, supporting children and young people, individuals, couples and families.

Our specialist team provides counselling sessions, clinical assessments and behaviour support across the Hunter and Mid-Coast regions.

Like our namesake, the strong and resilient Australian Rosewood tree, we are here to help you grow and thrive.

Our professional, progressive and adaptable approach has seen The Rosewood Centre deliver clinical support services for over 35 years.

During this time, we have helped thousands of people across Newcastle, Lake Macquarie, the Upper Hunter and Mid-Coast regions to effectively manage challenges at home and work.



How do I make an appointment?

The Rosewood Centre is accessible in a variety of convenient locations. Our team provide counselling and assessments for adults, children, young people, families, and couples via a range of referral pathways.

We offer face-to-face and telehealth appointment options. To book with our team, please call **1800 613 155** or visit **www.rosewoodcentre.com.au** and complete the booking form.

Where are you located?

Our dedicated team provides psychology services in several locations across the Hunter and Mid-Coast regions.

To find an office near you, please visit **www.rosewoodcentre.com.au**

Head Office
46 James Street Hamilton NSW 2303
hello@rosewoodcentre.com.au
1800 613 155

The Rosewood Centre®

PSYCHOLOGY AND ALLIED HEALTH

Psychology and Allied Health

Support. Grow. Thrive.



Our Services

Good mental health underpins all aspects of a person's life, including self-worth, forming and maintaining relationships, and the ability to perform well in work and study.

Counselling

Accessing professional support for life's ordinary and extraordinary challenges is a sign of strength. Our clinicians are trained in a number of evidence-based therapeutic interventions that are tailored to your needs and aim to support you to move towards your goals and meet your full potential.

Behaviour Support

Our Behaviour Support Practitioners are registered under the National Disability Insurance Scheme (NDIS) and work collaboratively with carers, families and individuals, to develop individualised behaviour support plans to improve positive outcomes and quality of life.

Neurofeedback

Our team of trained professionals provide Neurofeedback training. Neurofeedback is a short-term treatment of 30-40 sessions (held twice per week), which research has shown supports the brain to learn new, beneficial patterns with long-lasting effects.

The strongest evidence base for Neurofeedback is linked to children and adults with Attention Deficit Hyperactivity Disorder (ADHD) and sleep disorders.

Professional Coaching and Supervision

Our expert team can help you build more productive workplace relationships, achieve your desired career outcomes, and enhance your productivity in whatever job you work.

We also offer PsyB Approved Supervisors to support Provisional Psychologists and Clinical Registrars to work towards registration and endorsement.

Clinical Assessments

We offer comprehensive assessments for Autism Spectrum Disorder, ADHD, cognitive functioning, learning difficulties, and behavioural concerns. Evidence-based tools and neuroaffirming and supportive discussion explore individual strengths and challenges. This provides valuable insight for diagnosis, a personalised treatment and support plan, and improved well-being.

Family Engagement and Assessment Services (FEAS)

FEAS offers parent or family assessment and intervention to support government and non-government organisations to better understand child and family strengths and areas for concern, to enable practical long-term care planning.

Professional Training

We offer a range of informative and empowering training sessions to organisations and schools on leadership, psychosocial hazards in the workplace, mental health topics and more.

What issues can our team assist with?

At The Rosewood Centre, we work in partnership with you to develop and enhance resilience and build skills to achieve your goals and reach your full potential.

Some common issues people seek assistance for are:

- Emotional distress
- Work-related and personal stress
- Relationship and family problems
- Grief and loss
- Children's issues
- Parenting support
- Interpersonal conflict

Whatever the nature and extent of your concerns, feel free to contact us and arrange a time to talk with one of our clinicians.

