

About Guidestar

Guidestar is an award winning organisation, a B-Corporation and is Rainbow Tick accredited. We provide dynamic and creative ways for children, young people, adults and families to make positive change and achieve fulfilling lives. In our purpose fitted clinic, we provide a safe space for confidential psychology, counselling and support services.

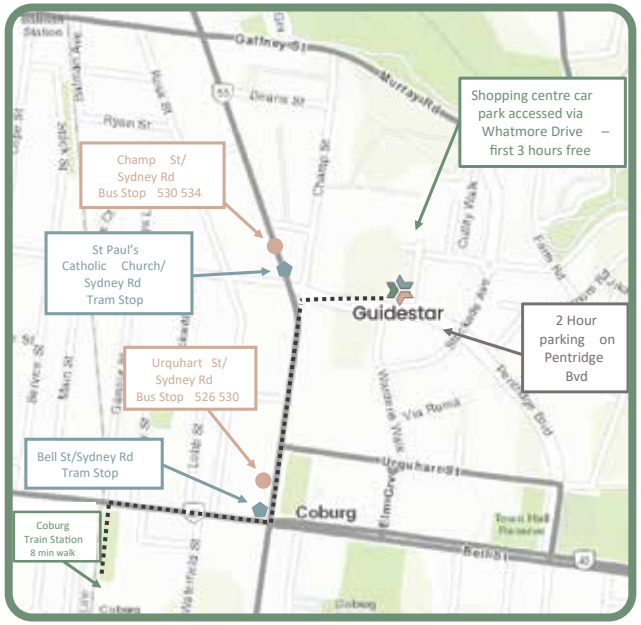
As a registered NDIS provider we offer services for people with high and intensive needs. Our neuro-affirming team offers evidence-based treatment, counselling, and assessment for adults, couples, families, adolescents, and children, as well as their support networks.

www.guidestarpsychology.au

Guidestar

SUPPORT • THERAPY • LEARNING

Guidestar can accept referrals for psychological services under Medicare, NDIS, TAC, Workcover, EAP and client self-referrals (private health insurance rebates may apply).



Quartermasters Building,
19 Pentridge Blvd, Coburg VIC 3058

03 9994 3345

clinic@guidestar.au

'Neurodiversity Affirming

Certified B Corporation



Guidestar PSYCHOLOGY

www.guidestarpsychology.au

Our Services

We can support children, adolescents and adults experiencing:

- Addictions
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Autism
- Bipolar Disorder
- Body Image and Self Esteem
- Bullying
- Challenging Behaviours
- Chronic Illness
- Complex trauma
- Depression
- Drug and Alcohol Issues
- Dual Disability
- Grief and Loss
- Home/School/Workplace Stress
- Intellectual Disability
- Learning Disorders
- LGBTQIA+ and Sexuality Issues
- Life Transitions
- Obsessive-Compulsive Disorder
- Panic Attacks
- Personality Disorders
- Phobias
- Post-Traumatic Stress
- Relationship Issues
- Schizophrenia





Therapeutic Approaches

- Acceptance and Commitment Therapy (ACT)
- Art Therapy and Expressive Therapies
- Cognitive Behavioural Therapy (CBT)
- Compassion Focussed Therapies
- Couples Counselling
- Dialectical Behavioural Therapy (DBT)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Family Therapy
- Internal Family Systems Therapy
- Mindfulness Based Therapies
- Motivational Interviewing
- Narrative Therapy
- Play Therapy
- Schema Therapy

Psychological Assessments for Children, Adolescents and Adults

- Autism Assessments
- ADHD Assessments
- Behavioural Assessments
- Cognitive Assessments (IQ Testing)
- Intellectual Disability Assessments
- Memory Assessments
- Mood Assessments
- Personality Assessments
- Specific Learning Disorder Assessments
- Vocational Assessments







