



BLACK SWAN  
HEALTH LTD

# Meet our Psychologists

*Leading the way in health and wellbeing*

## Ellen Osmond

Ellen Osmond is a versatile Registered Psychologist who uses validated and individually tailored therapeutic interventions to guide her clients toward recovery and sustained wellbeing.

Ellen is skilled in the facilitation of Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Family Systems Therapy, Relaxation, Grounding, Meditation and Mindfulness.

Ellen can assist clients who may be experiencing depression, anxiety, panic disorder, post-traumatic stress disorder, bereavement, adjustment issues, interpersonal and relationship problems, gender identity issues and other mental health issues.

Ellen has a special interest in early life trauma and its widespread impact, including intergenerational impact. She finds great reward in enabling her clients to acknowledge and address trauma that affects and inhibits their lives.

### Specialises in the treatment of:

- Depression
- Anxiety
- Trauma and PTSD
- Interpersonal and relationship problems
- Gender identity issues

### Can also help with:

- Panic disorder
- Perinatal mood disorders
- Addictions
- Bereavement
- Adjustment issues
- Phobias

### Ellen's Mental Health Tip:

**Take time out of each day to connect with your deepest self, either through calming activities like meditation or creative pursuits like painting.**

<b>WINNER</b> 2017 North West Metro Business Awards	<b>WINNER</b> 2017 WA Disability Support Awards	<b>WINNER</b> 2017 WA Disability Support Awards	<b>WINNER</b> 2018 Fremantle Business Awards	<b>WINNER</b> 2018 Stirling Business Awards	<b>WINNER</b> 2018 Joondalup Business Awards
Best New Business	Overall Award for Excellence	Excellence in Advocacy and Rights Promotion	Excellence in Innovation	Community Hero of the Year	Excellence in Customer Service

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