



BLACK SWAN  
HEALTH LTD

# Meet our Psychologists

*Leading the way in health and wellbeing*

## Janet Correia

Janet Correia has 20 years' experience as a Psychologist, working with older adolescents and adults. She combines evidence-based techniques with an empathic understanding for her clients. Janet uses a range of techniques and approaches, including cognitive behavioural therapy, mindfulness and EMDR (eye-movement desensitisation & reprocessing).

Her areas of interest include, but are not limited to, depression, anxiety, grief, adjustment, PTSD, relationships and relationship separation.

Janet addresses short-term opportunities whilst aiming for long-term solutions, to achieve sustained improvements to mental health outcomes.

### Specialises in the treatment of:

- Adjustment
- Anxiety
- Depression
- PTSD
- Trauma

### Can also help with:

- Anorexia and Bulimia
- Confidence and Self Image
- Cultural Adjustment and Immigration
- Grief & Loss
- Pre and Post Natal Relationships
- Relationship Separations
- Social Anxiety

### Janet's Mental Health Tip:

**Offering life skills and understanding to live a more contented life.**

<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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