



BLACK SWAN  
HEALTH LTD

# Meet our Psychologists

*Leading the way in health and wellbeing*

## Raymon Horley

Raymon Horley is a Registered Psychologist with fifteen years' experience in both private and public practice.

Raymon employs a multi-modal approach and maintains a safe and caring therapeutic environment to effectively treat the unique needs of a diverse client-base. Raymon has experience working with children, teenagers, adults and individuals with a disability, with strong experience in the treatment of individuals with Autism.

Raymon is trained in a range of evidence-based therapies, including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Solution-focused Brief Therapy, Motivational Interviewing, Thought Field Therapy, Clinical Hypnotherapy (guided meditation), and family therapy.

Raymon's special interests include sport performance anxiety and motivation in sport, as well as health-related issues, such as Pain Management and Weight Management.

### Specialises in the treatment of:

- Depression
- Poor self-esteem/confidence
- Anxiety disorders
- Adjustments disorders
- Trauma
- Stress management
- Grief and loss

### Can also treat:

- Anger Management
- Phobias
- Health-Related Problems, including Pain Management and Weight Management
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Self-Esteem & Self Development
- Sleeping Disorders
- Smoking Cessation
- Sport Performance Anxiety

### Raymon's Mental Health Tip:

**The past should be a springboard and not a hammock. Our past does not dictate our future; it's what you do today that counts.**

**WINNER**  
2017 North West Metro  
Business Awards

Best New Business

**WINNER**  
2017 WA Disability  
Support Awards

Overall Award  
for Excellence

**WINNER**  
2017 WA Disability  
Support Awards

Excellence in Advocacy  
and Rights Promotion

**WINNER**  
2018 Fremantle  
Business Awards

Excellence in  
Innovation

**WINNER**  
2018 Stirling  
Business Awards

Community Hero  
of the Year

**WINNER**  
2018 Joondalup  
Business Awards

Excellence in  
Customer Service