



BLACK SWAN
HEALTH LTD

Meet our Psychologists

Leading the way in health and wellbeing

John McGrogan

John has more than 20 years' experience as a psychologist, and has completed a Masters in Clinical Psychology.

John works in partnership with clients to assist them to develop strategies to increase their confidence to manage mental health issues. John draws upon a clients' own strengths and experience, and introduces strategies from evidence-based techniques and therapies such as Cognitive Behaviour Therapy, Relaxation Skills Training, and Motivational Interviewing.

Specialises in the treatment of:

- Youth and adult mental health
- Depression
- Anxiety
- Trauma
- Stress
- Work conflict
- Relationship

Can also help with:

- Social and communication skills
- Addictive behaviours
- Sleep difficulties
- Grief and loss
- Anger

John's mental health tip: Our mental health and wellbeing benefits greatly from committing to positive and grounding beliefs and principles, such as compassion, humility, and self-development. Living these principles out in our daily lives enhances our self-esteem and helps avoid making regrettable decisions.

WINNER 2017 North West Metro Business Awards	WINNER 2017 WA Disability Support Awards	WINNER 2017 WA Disability Support Awards	WINNER 2018 Fremantle Business Awards	WINNER 2018 Stirling Business Awards	WINNER 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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