



Meet our Counsellors

Leading the way in health and wellbeing

Stephnie Perera

Stephnie is a skilled and dedicated psychologist with a history of demonstrated success with implementing evidence-based treatment plans for clients with varying mental health disorders.

She has experience working with diverse populations including adults, young adults and children, and has experience working with clients from a range of different cultural backgrounds.

Stephnie provides a safe and non-judgmental space for clients, with a person-centered approach and tailoring techniques to address the individual needs of the client.

She values the use of dialectical behaviour therapy, cognitive behaviour therapy, acceptance and commitment therapy, interpersonal therapy and mindfulness with her clients.

Stephnie is a clinical psychologist registrar

Specialises in the treatment of:

- Depression
- Anxiety disorders
- Borderline Personality Disorder
- Grief and loss

Can also help with:

- Relationship issues
- Family issues
- Work-related stress
- Self-esteem
- Parenting

Stephnie's Mental Health Tip:

"We can develop resilience through building greater insight into our behaviour, being self-compassionate and better understanding our relationships."

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