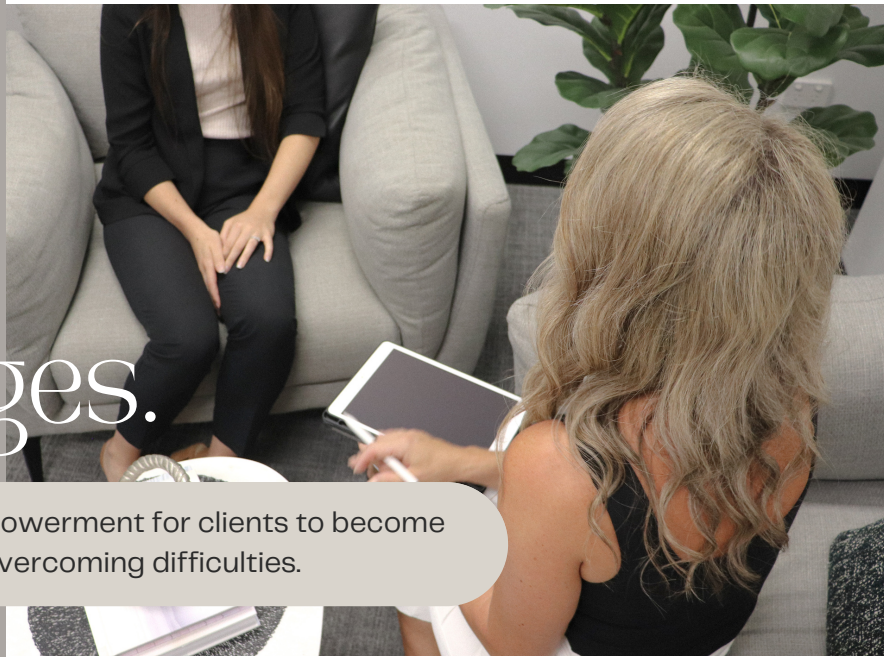




Make long lasting changes.

We create a sense of safety, curiosity & empowerment for clients to become experts in managing their own emotions & overcoming difficulties.



Self Reflections is a clinic that prides itself on delivering unparalleled quality, service and value to our clients. We have a team consisting of Psychologists, Clinical Psychologists and Accredited Practising Dietitians providing services to children, adolescents and adults in the Illawarra and surrounding communities.

Our Services

Psychology

Couples Therapy

Supervision

Dietetics & Nutrition

Assessments

Courses & Groups

Using a warm and caring approach clinicians at Self Reflections help individuals develop greater self-awareness and constructive strategies for managing and dealing with emotional problems and difficulties, mental and physical health as well as wellbeing.

Book Now



Contact us to begin your healing journey.

 02 4288 2540

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