



SARI SZEKELY

BPSYCH(HONS), RN, NP MW
REGISTERED PSYCHOLOGIST

Sari originally qualified as an RN/ RM, transitioning into Psychology 20 years ago. She is an experienced and passionate Psychologist who uses a strength based approach to work with clients, across their lifespan.

Sari initially specialised in children and families in a range of clinical settings, schools, kids helpline, child and family team and community health.

Sari's work with families is grounded in attachment theory and a deep understanding of child development. She also brings valuable knowledge of behavioral and parenting interventions, particularly for families navigating Attention Deficit Disorders and Autism.

In recent years, Sari has undertaken extensive—and ongoing—training in EMDR therapies. Building on her expertise, she has expanded her practice to include adults, supporting a wide range of presenting concerns with compassion, skill, and evidence-based care.

EMDR (Eye Movement Desensitization and Reprocessing) works across all levels of the triune brain, making it a powerful and effective approach for a wide range of emotional and psychological challenges. By engaging the brain's natural healing processes, EMDR offers a truly integrated and holistic path to mental health and well-being.

THERAPEUTIC MODALITIES:

CHILDREN AND ADOLESCENTS

- Play Therapies
- Narrative Therapy
- EMDR - Encompassing Biological/Somatic; Emotional and Cognitive Approaches

ADULTS

- Cognitive Behaviour Therapy
- Brief Psychodynamic Therapy
- Narrative Therapy
- Mental Health Recovery Frameworks
- EMDR Therapy - Including Structural Dissociation and Internal Family Systems
- Somatic Approaches with Mindfulness.

SPECIAL INTERESTS

ADHD
Attachment and Parenting Support
Perinatal Needs
Autism Spectrum
Child Behaviour and Development Community-Based
Eating Disorder Support
Health Psychology - Adjustment to diagnosis, lifestyle change
Development Mood and Anxiety
Palliative Care
Trauma and PTSD;

AGE GROUPS

- All Ages

LOCATED AT:

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