



LakesidePsychology

Believe | Grow | Live

Catherine Eldridge

Senior Child and Adolescent Psychologist



Catherine has experience working with children, adolescents, adults and families across community, education and private settings. She is experienced in providing evidenced-based treatment for a wide range of mental health, social, emotional, behavioural and developmental concerns (including Autism Spectrum Disorder). Catherine is also experienced in supporting families who have experienced significant change and trauma and in providing a range of cognitive, educational and developmental assessments. Catherine enjoys working together with parents and aims to make sessions relaxed and fun for children. In her spare time, Catherine enjoys the beach and relaxing with her family and friends.

Who Catherine can help:

Catherine enjoys working with children, adolescents and young adults.

What Catherine can help with:

- Cognitive, behavioural and educational assessments
- Assessment and early intervention for Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Assessment for specific learning disabilities and giftedness
- Anxiety and panic
- Depression
- Trauma and PTSD
- Social, emotional and behavioural concerns
- Low self-esteem
- Parenting support
- Family conflict
- Parent-child and family relationships
- Toileting concerns
- Substance use
- Grief and loss
- Self-harm

What treatments Catherine provides:

- Cognitive-Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Play-Based Therapy
- DIR ® / Floortime™ Based Therapy (especially for children diagnosed with Autism Spectrum Disorder)
- Interpersonal Psychotherapy (IPT)
- Attachment-Based Therapy

Catherine's availability:

Monday 9:00am – 5:00pm
Tuesday 11:00am – 7:00pm
Friday 8:00am – 4:00pm

📞 (03) 5941 3575 ✉ catherine@lakesidepsychology.com.au

Lakeside Psychology: 4/38 Lakeside Boulevard, Pakenham VIC 3810.