



LakesidePsychology

Believe | Grow | Live

Ling Mu

Senior Psychologist



Ling has 10 years of experience in the public, private and community health settings. She works with individuals, couples and families. She has a passion for working with children and their parents to develop skills to have a better understanding of each other's needs.

Ling has an interest in trauma and has experience in providing trauma and grief counselling. Ling specialises in working with adult clients who have experienced depression, anxiety, addiction problems, anger and emotional issues, major life transitions and family violence.

Who Ling can help:

Ling enjoys working with adolescents (16 onwards) and adults.

What Ling can help with:

- Depression and bipolar disorder
- Trauma and Posttraumatic Stress Disorder (PTSD)
- Anxiety, worry and panic
- Family conflict
- Child-parent relationships
- Behavioural, emotional & social problems in children
- Greif and loss
- Social and relationship problems
- Life adjustment difficulties
- Anger management
- Low self-esteem
- Weight management
- Perinatal and Infant Mental Health
- Stress management and problem solving
- Communication skills and assertiveness training
- Workcover, TAC, Victims of Crime

What treatments Ling provides:

- Cognitive Behavioural Therapy (CBT)
- Trauma-focused Therapy
- Mindfulness-Based Cognitive Behavioural Therapy (MBCT)
- Acceptance Commitment Therapy (ACT)
- Play Therapy (for children)
- Psychodrama

Ling's availability:

Monday 9:00am – 5:00pm
Wednesday 12:30am – 8:30pm
Saturday 8:30am – 1:00pm

☎ (03) 5941 3575 ✉ ling@lakesidepsychology.com.au

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