



LakesidePsychology

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Michael Tomek

Clinical Psychologist



Michael worked in the public mental health system before moving into private practice in 2008. He has a particular interest in assessment and diagnosis, generalized anxiety (worry), health/illness anxiety, and body image disturbance and weight management.

Michael is manager of Lakeside Psychology and strives to provide an exceptional service. He is married with two young boys, and he enjoys summer days, watching AFL, and eating pizza.

Who Michael can help:

Michael enjoys working with adults.

What Michael can help with:

- Anxiety, worry and panic
- Health Anxiety
- Depression and bipolar disorder
- Low self-esteem
- Body image disturbance
- Weight management
- Trauma and PTSD
- Perinatal and Infant Mental Health
- Stress management
- Sleep difficulties
- Time management
- Problem solving
- Communication skills
- Anger management
- Bipolar Disorder
- Assertiveness training
- Assessment and Diagnosis
- Workcover and TAC
- Victims of Crime

What treatments Michael provides:

- Cognitive-Behaviour Therapy (CBT)
- Attachment-Based Therapy
- Acceptance and Commitment Therapy (ACT)
- Dialectic Behaviour Therapy (DBT)

Michael's availability:

Monday 11:00am – 7:00pm
Tuesday 8:00am – 12:00pm
Wednesday 8:00am – 12:00pm
Thursday 9:30am – 5:30pm
Friday 8:00am – 4:00pm

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