



LakesidePsychology

Believe | Grow | Live

Ashlee Edwards

Child and Adolescent Psychologist



Ash has experience working across community, private and educational settings. She is passionate about supporting children and young people with various mental health presentations using evidence-based treatments. Ash uses a fun and flexible approach to working with children and young people and uses interventions that are best suited to each individual. She draws on various therapy approaches such as Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT). Ashlee also enjoys working with parents and draws upon attachment and parent-child relationship principles. In her spare time, you will find Ash outdoors in the sun or at the snow, with her family and two dogs.

Who Ashlee can help:

Ashlee enjoys helping children, parents, adolescents and young adults

What Ashlee can help with::

- Anxiety
- Panic
- Stress
- Depression
- Self-harm
- Trauma/PTSD
- Social and emotional difficulties
- Challenging behaviours
- Parent-child relationship difficulties
- School related concerns
- Chronic pain
- Sleep difficulties
- Problem solving
- Communication skills
- Low self-esteem and anger management
- NDIS, TAC and Workcover.

What treatments Ashlee provides:

- Play Based Therapy
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioural Therapy (CBT)
- Attachment Based Therapy

Ashlee's availability:

Monday: 9:00am – 5:00pm

Wednesday: 8:00am – 4:00pm

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

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