



LakesidePsychology

Believe | Grow | Live

Dr Elizabeth Walters

Psychologist



Elizabeth enjoys working with older adolescents and adults. She has an interest in supporting clients struggling with sleep difficulties, anxiety, depression, adjustment, and chronic pain. She is passionate about evidence-based therapeutic approaches emphasising mindfulness, compassion, and values-based living. Elizabeth offers a warm and non-judgmental space, where you can explore your current difficulties. She will encourage you to be active in your therapy and experiment with strategies and actions to support you to build the life you want. Outside of work, Elizabeth enjoys yoga, being outdoors, and spending time with her family and friends.

Who Elizabeth can help:

Elizabeth enjoys working with adolescents and adults.

What Elizabeth can help with:

- Sleep difficulties
- Anxiety, worry, and panic
- Health anxiety
- Stress management
- Self esteem
- Depression and low mood
- Grief and loss
- Pain management
- Adjusting to major life transitions

What treatments Elizabeth provides:

- Cognitive Behaviour Therapy (CBT)
- Cognitive Behaviour Therapy for Insomnia (CBT-I)
- Acceptance and Commitment Therapy (ACT)

Elizabeth's availability:

Tuesday: 10:00am - 6:00pm

Thursday: 8:30am - 4:30pm

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

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