

Jake Clark

Provisional Psychologist



Jacob is a psychologist with provisional registration. He has a passion for supporting children, adolescents and young adults with a range of mental health concerns, including anxiety, depression, stress, and problematic sleep. Jacob draws from various evidence-based interventions to build a treatment approach best suited to each individual. Jacob has a warm, caring, and compassionate nature, and enjoys helping people create positive change in their lives. Outside of work, Jacob enjoys being outdoors, especially in the surf and at the snow, with family and friends.

Who Jake can help:

Jake enjoys working with children, adolescents and adults.

What Jake can help with:

- Stress and time management
- Worry, anxiety and panic
- Low self-esteem
- Low mood and depression
- Sleep difficulties

What treatments Jake provides:

- Cognitive Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)

Jake's availability:

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