

# Jessica Colmegna

## Registered Clinical Counsellor



Jess is a PACFA registered Clinical Counsellor with the Psychotherapy and Counselling Federation of Australia (PACFA), and has experience working with a range of mental health difficulties including depression, anxiety, self-esteem, stress, grief, interpersonal and intrapersonal issues. Jess offers a holistic, and multifaceted approach to evidence-based practices to address the unique needs of each individual person. She is passionate about helping adolescents and adults discover their purpose and create meaning for themselves, while empowering them to live well. Outside of work Jess loves creative outlets and spending quality time with her friends, family and her dog.

### Who Jessica can help:

Adolescents and adults

### What treatments Jessica provides:

- Attachment-based therapies
- Cognitive Behaviour Therapy (CBT)
- Acceptance & Commitment Therapy (ACT)
- Narrative Therapy
- Solution-Focused Therapy (SFT)
- Motivational Interviewing (MI)

### Jessica's availability:

Monday: 9:00am – 5:00pm

Tuesday: 12:00pm – 8:00pm

Wednesday: 8:00am – 4:00pm

Thursday: 8:30pm – 4:30pm