

NEUROSPA

PSYCHOLOGY

Monika is the Principal Psychologist and Clinical Director of Neurospa Psychology. She is a registered Psychologist with the Psychology Board of Australia. Throughout her career Monika has worked with clients across the lifespan, children, adolescents, young adults, adults and older persons.

Monika works with:

Depression
Anxiety and Phobias
Relationship Difficulties
Life transitions and adjustment
Difficulties with self-esteem
Professional/career transition
Medical and health concerns
Stress management
Self Esteem & Self-development
Emotional Regulation Difficulties
Grief, Loss or Bereavement
Autism Spectrum Disorder
Building Social Skills
Parenting



grow beyond

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