



NAOMI JAMA

PSYCHOLOGY



NAOMI JAMA

Registered Psychologist

B. Psych (Hons)

PERINATAL & WOMEN'S MENTAL HEALTH

Professional Memberships

- Registered Psychologist accredited with the Australian Health Practitioner Regulation Agency (AHPRA)
- Associate Member of the Australian Psychological Society (Assoc MAPS)
- Member of the EMDR Association of Australia (EMDRAA)
- Member of the International and Australasian Marce Society



Associate Member
Australian
Psychological
Society Assoc MAPS

PSYCHOLOGICAL SERVICES

- **Perinatal mental health including:**
Fertility, pregnancy, perinatal loss, perinatal depression & anxiety, birth trauma, premature birth, adjustment to parenting.
- **Anxiety & phobias**
- **Adjustment disorder**
- **Depression**
- **Sleep concerns**
- **Trauma & PTSD**
- **Grief & Loss**

FOR MOTHERS WITH BABIES

- **Babies are welcome in sessions**

PRACTICE LOCATIONS

- 293 Ellison Road, Geebung 4034 0414 566 853
- 1/201 Wickham Tce, Spring Hill 4000 3832 7399
- Level 5/107 Latrobe Tce, Paddington 4064 0414 566 853

About Us

Naomi Jama Psychology is dedicated to promoting the mental health and wellbeing of women at all stages of life, with a special focus on women in the perinatal period - conception, pregnancy, the birth experience and the year following childbirth.

I am passionate about empowering women to reach their potential through informed choices and taking meaningful action towards a healthy and fulfilling life.

Our Vision

- To provide a safe, empathic and nurturing space for women to openly share their concerns and feel heard
- To provide women-centred counselling and support - Tailoring treatment approaches to the clients' individual needs, whilst employing best practice methodologies
- To provide opportunities for women to connect and share experiences in a therapeutic context
- To facilitate collaborative relationships with other health professionals, achieving the best possible outcomes for clients

Naomi Jama - Psychologist

Naomi is a registered Psychologist and Medicare Pregnancy Counselling Support provider with 10 years experience working with clients in the public and private sector who are looking to improve their psychological / emotional well-being and achieve their goals. She is happy to see those experiencing mental health concerns as well as those who are experiencing challenges on the journey to parenthood. As a mother of two, Naomi understands the challenges that often accompany the joys of parenting.

Her therapeutic approach is grounded in: Eye Movement Desensitisation and Reprocessing (EMDR), Attachment Theory, Neuroscience, Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy and Schema Therapy.

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