



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 (AssocMAPS) & member of the APS Perinatal and Infant Psychology Interest Group
- Member of the Perinatal Anxiety and Depression Australia (PANDA)
- Member of the International and Australasian Marce Society



APS

Associate Mem
Australian
Psychological
Society Assoc MAP

PSYCHOLOGICAL SERVICES

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

FLEXIBLE & CONVENIENT OPTIONS

- **Home visits**
- **After hours consultations**
- **Bulk billing (for concession card holders & eligible clients)**
- **Babies are welcome in sessions**



0414 566 853

📍 Bardon Counselling & Natural
Therapies Centre
151 Boundary Road, Bardon 4065

📍 Suite 6/201
Wickham Terrace
Brisbane, 4000

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.

We are 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 8 years experience working with clients in the public and private sector who are looking to improve their psychological w/ 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 Attachment Theory, Neuroscience, Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy and Short Solution Focused Therapy.

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✉️ naomi@naomijamapsychology.com.au

🌐 www.naomijamapsychology.com.au