

# VIBE PSYCHOLOGY

Natalie Clapoudis

Educational and Developmental Psychologist

*BTeach (Primary), BEd, GradDipPsych, PostGradDipPsych, MPsych (Ed&Dev)*

## ABOUT NATALIE

Natalie is an Educational and Developmental Psychologist and registered teacher. She has experience with young people in out-of-home care, supporting teenagers in both mental health and educational settings, and providing consultation to parents, teachers and school communities. Natalie has an interest in mental health issues and how these impact daily life functioning and engagement in the learning process, as well as stress management, school refusal, complex developmental trauma, and perinatal and infant mental health. Natalie works with children, adolescents and families with a diverse range of presentations, as well as with individuals in the perinatal period and transition to parenthood.

Natalie is accredited to teach Youth Mental Health First Aid (YMHFA), Youth MHFA Refresher, MHFA for the Suicidal person, MHFA for Non-Suicidal Self-Injury and Teen MHFA courses.



## AREAS OF INTEREST

- Anxiety
- Depression
- Complex Developmental Trauma
- Attachment Difficulties
- Interpersonal Communication and Conflict
- Family Discord and Conflict
- Friendship and Social Difficulties
- Parenting Challenges
- Role Transitions
- Perinatal and Infant Mental Health
- School-related issues (including bullying and school refusal)

Sessions are 50 minutes and are conducted online via Telehealth and in person in Coolangatta, Gold Coast.

## TREATMENT APPROACHES

Natalie is client-focused, trauma-informed and uses a holistic approach that acknowledges challenges, but conceptualises these through a strengths-based lense. Natalie relies on a range of modalities in therapy to cater to needs of the people she is supporting. These could include using techniques from Emotion-Focused Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Cognitive Behaviour Therapy, as well as other approaches including mindfulness.



*Get in Contact! [natalie@vibepsychology.net.au](mailto:natalie@vibepsychology.net.au)*