Inner Eastern Psychology

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Inner Eastern Psychology provides compassionate, evidence-based psychological services in Melbourne. Our experienced psychologists offer tailored therapies for conditions like anxiety, depression, trauma, ADHD, and BPD. Located in Richmond and Hawthorn, we support clients across all ages and backgrounds, ensuring a friendly and inclusive environment. Telehealth options are available for added convenience.

At Inner Eastern Psychology, we specialise in delivering high-quality psychological services that are both evidence-based and centred around the individual. Our dedicated team of psychologists in Melbourne is experienced in helping clients with a wide range of mental health challenges, including anxiety, depression, trauma, Attention-Deficit/Hyperactivity Disorder (ADHD), and Borderline Personality Disorder (BPD).

We offer various therapeutic approaches such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behaviour Therapy (DBT), ensuring that each client receives care tailored to their unique needs. Whether you’re dealing with grief, relationship difficulties, or seeking assessments for Autism Spectrum Disorder (ASD) and ADHD, our compassionate professionals are here to support you.

At Inner Eastern Psychology, we value compassion, integrity, and inclusivity in all interactions. We are committed to building rapport with clients from diverse backgrounds and experiences, ensuring they feel understood and empowered on their journey toward better mental health. Contact our Client Support Team today to find out how we can assist you!

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