Unmask Therapy

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Company logo

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Unmask Therapy is a Melbourne counselling practice for adults who want therapy that feels genuine, respectful, and practical. We support clients experiencing anxiety, burnout, identity challenges, neurodivergence, and self-doubt. Our narrative-informed approach helps you step back from the problems you're facing and understand how they've shaped your story — without letting them define you. Therapy is collaborative and non-judgemental, focused on building insight, reducing shame, and supporting meaningful, sustainable change in everyday life.

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