



psychology

Psychologists are trained to understand the key process by which people develop across their lifespan. This includes how people form relationships, experience emotions, think, learn and solve problems. Psychologists work with people of all ages, with many different kinds of problems. Some of the conditions commonly treated include but are not limited to:

- Stress and coping
- Coping with physical illness
- Panic Disorder
- Anxiety disorders
- Depression and other mood disorders
- Obsessive Compulsive Disorders
- Eating disorders
- Relationships difficulties
- Coping and stress management
- Grief and loss issues
- Behavioural problems and/ or social skills difficulties in children
- Parenting issues

Head to Toe Healthcare offers high quality psychological services to individuals, couples, families, children and adolescents across a range of issues. Our psychologist will work with you to help develop a deeper understanding of your difficulties and develop the knowledge and skills to help overcome personal difficulties and achieve meaningful change.

Subsidised psychological services are available under a range of government initiatives including Medicare. Please contact our staff or your general practitioner regarding this.



head to toe healthcare

suite 5, 324 south rd
hampton east

suite 2, 51 victoria ave
albert park

suite 5, 1533 point nepean rd
rosebud west

www.headtotoehealthcare.com.au

p. 1300 10 10 20

practitioners



Sara Dobson

B.S.Sc, M.Psych, M.A.P.S. (College Ed. & Dev. Psych)

Sara Dobson is a fully registered psychologist. She has completed both undergraduate and post-graduate degrees in psychology and is a member of the College of Educational and Developmental Psychologists (Australian Psychological Society).

Sara has extensive experience working with children, adolescents and adults across a wide range of mental health issues, including anxiety disorders, depression, self-esteem, stress management, learning and behavioural difficulties. Sara has a special interest in eating disorders.

She has developed and managed specialist eating disorder programs in private and public mental health organisations both in Australia and the UK.

Sara offers a range of therapeutic interventions that are holistic, sensitive and designed to meet the unique needs of each individual. With her focus on wellness and personal empowerment, Sara strives to create a collaborative client-therapist relationship that assists individuals to gain a deeper understanding of their concerns and learn strategies that will enable them to make beneficial life changes leading towards positive growth.

Sara is available at our Hampton clinic.

consultation charges

standard	60 minute	\$135
concession	60 minute	\$115

Did you know that this service is available under Medicare as part of the Enhanced Primary Care program? Please ask us or your doctor regarding this initiative.