



Clinical Psychologist

Ava Read

Born and raised on the Mid North Coast, I am a local at heart. After moving away to work and study I returned approximately 5 years ago to commence my role as a Clinical Psychologist at the Mayo Consulting Suite.

My training includes achieving a Bachelor of Psychology with Honors, Master of Psychology (Clinical), Graduate Diploma in Addiction Studies and am currently completing my core training in Intense Short-Term Dynamic Psychotherapy. The treatment modalities I utilise are CBT, ACT and psychotherapeutic approaches. I am competent in treating a wide range of difficulties including anxiety, depression, bipolar, PTSD, personality disorders, to name a few.

I work within the Mayo Mental Health Unit providing individual therapy as well as group therapy programs. The group therapy programs I am responsible for, and passionate about running, are a cognitive behavioral therapy group and a mindfulness/acceptance and commitment therapy group. I work as a team with an individual's treating psychiatrist and relevant medical and mental health practitioners to give a comprehensive and holistic approach to an individual's mental health and wellbeing. I am also a qualified supervisor and actively provide supervisory services to psychologists in developing and mastering their skills in psychotherapy delivery.

Ava is accepting new outpatients for individual and group therapy programs and provides ongoing support to patients admitted by psychiatrists to the Mayo Mental Health Unit.

All new patients require a Mental Health Care Plan with their referral.

## Services

- Individual Psychotherapy
- Group Psychotherapy
- Psychometric Assessment/ Reports

## Specialties

- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy/Mindfulness
- Psychotherapy (Intense Short-Term Dynamic Psychotherapy) cardiomyopathy.

## Consulting Rooms

### Mayo Consulting Suite

Mayo Private Hospital  
2 Potoroo Drive, Taree NSW 2430

## Appointments

### Mayo Consulting Suite

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