



How our Provisional Psychologist, Lara, makes a difference Townsville

Making the move from South Australia to Queensland, Lara has spent the majority of her life in Cairns, before completing her degree in Townsville and launching her career journey with NWRH.

“It’s always going to be a challenge for graduates to begin client work after university. I’ll admit, it was difficult to find my feet, but things have improved immensely. Our team now has a fantastic, approachable team leader who’s been so incredibly supportive. You can be truly open and honest with her.”

In her current role, Lara completes two days of outreach per week, travelling and staying overnight in either Burdekin or Ingham. She spends the remainder of her work week in Townsville, treating clients locally and completing administrative work.

“I typically utilise psychological therapies such as Cognitive Behavioural Therapy (CBT), and Acceptance and Commitment Therapy (ACT). My therapeutic approach is client-centered and goal-centred, helping people to achieve their objectives.”

On most occasions, she will travel for outreach work with other allied professionals, such as physiotherapists and podiatrists. Her favourite part of the role is working in a diverse, allied health team – a unique point of difference for NWRH.

“Everyone gets along so well. There’s a great team dynamic. I learn so much, not just as a psychologist, but as a health professional. We’re all very respectful of one another, we develop



friendships and enjoy the social aspect. We work hard, share laughs and do team building activities outside of work. Clinicians often catch up for drinks on Fridays. Overall, I love the people and working in an allied health team.”

Lara also enjoys client outreach and has received plenty of positive feedback. At NWRH, we provide important services to communities who may not receive it otherwise and get to see the real difference our work makes.

“NWRH’s outreach services are impressive. For many clients, psychological services are the first service they find – many haven’t received support or talked to anyone about their challenges before. As someone’s first line of treatment, hearing them tell you the work you’re doing is making a difference is very rewarding.”

During her time at NWRH, Lara is proud of having achieved a number of great client outcomes. She is often the first therapist her clients have spoken to.

“Every therapist has their own style. Some clients voice doubts about therapy working for them – but after a number of sessions, tell me their symptoms of anxiety and depression have reduced. I enjoy seeing my clients make progress in achieving their goals. Some private practices require psychologists to specialise, but I don’t have to do that at NWRH. I see patients of all ages, from a variety of backgrounds, facing different challenges.”

NWRH promotes cultural awareness training so our team members feel confident delivering culturally appropriate healthcare, on a personal and professional level.

“When I joined, I completed cultural awareness induction training, and we have training seminars throughout the year. Our Cultural and Community Relations Manager is also there to provide guidance and allows us to direct any questions.”

As a provisional psychologist, Lara attends regular, independently funded supervision with an external psychologist in Townsville to continuously expand in her knowledge and competence as a clinician.

“I have the freedom to explore work I enjoy, and complete my own research and therapy courses. Finding my niche and doing work I enjoy has helped me develop my style as a therapist.”

Lara looks forward to continuing learning and growing in her career, and improving in her work each day.

“NWRH has a caring, empathetic culture. People who succeed at NWRH have a strong work ethic, keenness to learn and genuinely care about clients. This has helped me as a graduate psychologist. I’m willing to learn and am constantly asking questions to grow my knowledge.”

When not at work, you can find Lara outside enjoying nature, visiting the beach or rainforest. (The sunny lifestyle in Townsville suits her perfectly!) She enjoys spending time with loved ones, visiting her family in Cairns and seeing friends in Townsville.