



Andrew Tuddenham
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Clinical, Counselling, Educational &
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Level I

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I have been practicing as a counselling psychologist since 1992 and have worked with thousands of adults, children, teens, families and couples. Having had extensive training in trauma counselling with the Australian Centre for Post Traumatic Mental Health, for 20 years I have worked with veterans, police, victims of crime and those who've sought healing after traumatic events. Many who come to see me are seeking healing from depression, anxiety, sleep disturbance and relationship difficulties stemming from unresolved childhood trauma.

In their search for healing I offer those who come to me traditional therapies including CBT, ACT, IPT as well as alternative therapies such as EFT, BSFF and EMDR. In my understanding TRE is able to assist clients resolve trauma from their bodies in a gentle way. Moreover each person can continue with this healing process at their own choice and in their own space and time.

I hold National Registration and endorsement with AHPRA (PSY0001296456), membership of the APS (018468) with which I hold membership of the Clinical, Educational and Counseling Colleges; I am Medicare endorsed; hold clinical membership of the Christian Counselors Association (4786), Psychotherapy & Counseling Federation of Australia (21093), Australasian Life Coaching Network and the International Association of Applied Psychology.

I am registered to offer supervision to registered psychologists and am a qualified Life Coach. I see TRE as an effective addition to other traditional and alternate therapies which I use in my private practice.