

PSYC SPOT PSYCHOLOGY CLINIC

Understand & Develop Your Inner-Workings



JUSTIN LEUNG

After training at UNSW and St Vincent's Hospital, Justin spent the next decade trying to work with the widest possible range of people (e.g., from those who play mind games or intimidate in sessions to others who make every effort to be extra pleasant) and mental health problems (e.g., from common modern life struggles to things like "multiple personality" and dissociative experiences). Outside of work, Justin likes to pretend he can tinker with mechanical watches (powered by winding up a spring akin to a music box), and enjoys wrestling with his suspiciously strong toddler for a physical challenge.

JORDI TOMÉ

Prior to joining Psyc Spot, Jordi has worked in a range of settings (e.g., adoption and out of home care space) with individuals and families struggling with a diverse range of challenges (e.g., chronic health issues, complex childhood trauma, interpersonal difficulties, anxieties and depression underpinned by varied issues). Jordi is pretty relaxed, and does everything possible to make the therapy space shared, equal, genuinely free from judgement, and open for candid explorations. Outside of psychology, Jordi is a football (soccer) fanatic. He enjoys a pretty simple life and values any opportunity to connect with friends and loved ones.



DAVID GROVES

David has published on the clinical treatment of anxiety, worked in both inpatient and outpatient hospital settings, and has private practice experience. While he values empirical theories and clinical techniques, he believes therapy is more about connecting with each client (e.g., using the therapeutic relationship to facilitate self-understanding and the process of personal development) than it is about applying clinical interventions. Before working full-time as a psychologist, David was a professional (performing and teaching) musician.

