

How Do I Know If I Need More Support?

An online course such as this is a great introduction to mental health treatment. For some, this might be enough. For others, they may need more support after completing the course. While the following is not an exhaustive list, it can give some indication that you may need further support:

- ▶ I have experienced a marked change in my mood recently
- ▶ I am unable to function or find it extremely difficult to function in my day to day activities (work, study, relationships)
- ▶ I have suicidal thoughts
- ▶ My anxiety is consistently at level 2 or level 3 and does not come down
- ▶ I'm unable to identify my feelings (this suggests that there are unidentified defences or feeling blockers blocking the experience of emotion).
- ▶ I can identify what the feeling is but I can't connect to the physical experience of the feeling (once again, there are likely unidentified defences or feeling blockers getting in the way)

Where Do I Find Further Help?



If you have found this course helpful and are interested in furthering your own work, you may wish to see a therapist that practices with a similar framework.



I practice a style of therapy called Intensive Short-Term Dynamic Psychotherapy (or ISTDP as it's more commonly known).



If you are situated in Melbourne and wanted to work with me, you are welcome to give me a call or schedule an appointment.

Unfortunately, at the time of writing, there is a waitlist of several months for new clients. If you live in Queensland (specifically, the Gold Coast), Melbourne or Sydney, I may be able to suggest some contacts for you. If you are located internationally, depending on the country, I may also be able to suggest some contacts in your area.

In Australia, you may like to look up the APS find a psychologist website. I would suggest looking for someone who practices “**Psychodynamic therapy**” or “**Emotion Focussed Therapy**” as they will have a similar emphasis on finding underlying feelings, regulating anxiety and overcoming defences.

<https://www.psychology.org.au/Find-a-Psychologist>