

## About Us

The READ Clinic was established over 25 years ago by child psychologist, author and media personality, Dr John Irvine, and his brother, Clinical Neuropsychologist, Warwick Irvine. Today the Clinic is the longest established and largest private psychology practice on the NSW Central Coast, providing a diverse range of services. As you will see when navigating through the website, the Clinic boasts many specialist clinicians, and hence offers a great variety of services, whilst maintaining a personal, professional approach. Conveniently located at 54 Hills Street Gosford we have warm and welcoming staff who will endeavour to assist you in any way possible.

**EDUCATION AND TRAINING** Our 2010 Series of Workshops and Seminars are open for registrations. More information is available under the 'Services' section. Get in early as places are limited.

**INTERN'S PROGRAM** In March 2009 we launched the inaugural READ Clinic's Intern Psychologist's Registration Program. This 2 year part time program is offered to graduates with a 4 year psychology degree. Please follow the link above or look under 'services' on the above menu for further information. The next intake of Intern's will be in January 2010.

**GROUPS AT THE READ CLINIC**

**POD Flyer POST NATAL DEPRESSION GROUP** If you are pregnant or had a baby in the past year and aren't feeling like yourself or perhaps are more tearful or anxious than usual you may have a pre or

postnatal anxiety or depression. Research suggests it will affect 1 in 7 mothers

Please click on the POD Flyer link above for further information.

**ANTI-BULLYING GROUP PROGRAMS AT THE READ CLINIC** One in six children in Australia's schools is regularly bullied. And the consequences can be devastating. There are plenty of studies that show that children who are bullied have low self esteem and are prone to depression. Children who are bullied are also more likely to refuse to go to school and their performance at school may also be affected. There's also evidence that bullies also suffer depression and are more likely themselves to be the victims of violence and aggression. The READ Clinic will be coordinating anti-bullying and resiliency group programs on an ongoing basis. Age ranges are high school aged children 11-15 years, Groups are held after school on Wednesday 4-6pm or Saturday mornings 9-11am. Further information can be found by following this link [ANTI BULLYING GROUP PROGRAMS](#) or under the 'Services' section above.