

Diane McGeachy

B.Psychology, MA. Counselling

Psychotherapist and Counsellor Child and Adolescent Psychotherapist

Perth Western Australia

Diane is a Cognitive Behaviour Therapist, experienced Relationship Counsellor and Eating Disorders and Body Image specialist.

She provides Psychotherapy, Counselling and Psychological services for Adults, Adolescents, Children and Families. Diane provides workshops for organisations and schools on various mental health topics in addition to offering training programs for parents and carers. Diane is an international Trainer for Play Therapy Australia. She is a preferred therapeutic provider for the Cancer Council WA working with children, adolescents and adults with cancer or who have a family member/significant other with cancer.

Diane's specialist areas in working with children and adolescents include:

- Anxiety
- Depression
- Behavioural and Social difficulties
- Bullying
- Self Esteem
- Eating Disorders and Body Image
- Self Harming Behaviours
- Parent and Adolescent Conflict
- Effects of Divorce on Children and Adolescents
- Living in a Blended Family
- Obsessive Compulsive Disorder
- Child/Adolescent ADHD Counselling
- Terminal Illness

Diane's areas of expertise in working with adults include:

- Anxiety and Panic
- Depression
- Eating Disorders
- Body Image and Mindful Eating
- Self Esteem and Personal Growth
- Communication Skills
- Relationship Counselling
- Social Anxiety
- Grief and Loss
- Sexual Abuse Counselling
- Childhood Trauma Counselling
- Sexual Health
- Obsessive Compulsive Disorder
- Workplace Issues
- Career Counselling

Diane provides assessments and treatment for behavioural, social and emotional difficulties in children, adolescents and adults. When working with families, Diane uses a range of approaches to suit each unique family, including the use of cognitive behaviour therapy, family systems therapy, art therapy, play therapy, symbol work and mindfulness

practice. She sees children and adolescents individually, with their families and in group settings.

Diane assists adolescents and adults to develop thriving relationships with themselves and with others. She uses practical skills and tools to help people learn how to communicate effectively, manage their emotions, develop confidence, positive self-esteem and motivation.

Diane works with adult clients and has a non-judgemental and warm approach that is respectful of her client's capabilities and resilience. She encourages and supports her clients to explore their difficulties with gentle persistence, while increasing their capacity to support themselves in their daily lives.

Diane has developed an [Eating Disorder Prevention Program](#) for adolescents and adults, and a [Self Harming, Cutting and Self Esteem Program](#) for adolescents. She has also developed an [Eating Disorder Support Group](#) for parents with children who have an eating disorder.

Diane has spent time living in New Zealand, Singapore, and exploring diverse cultures throughout Canada and Asia to gain cultural awareness and understanding. She has been an invited guest lecturer at the Tri Chandra Campus University in Kathmandu, Nepal and at the University of Notre Dame. Diane has completed a post graduate certificate in Play Therapy in addition to currently completing her final year of training to be an accredited Gestalt Psychotherapist.

Diane has written articles on the following topics:

- Eating Disorders
- [Body Image and Mindful Eating](#)
- [Body Image and Mindful Eating Program](#)
- [Choosing a Meaningful Career](#)
- [Family of Origin](#)
- [Eating Disorders in Adolescents](#)
- [Helping Your Teen When Parents Divorce](#)
- [Child and Adolescent Anxiety](#)
- [Child and Adolescent Depression](#)
- [Play Therapy](#)
- [Bariatric Surgery](#)
- [Supervision for Eating Disorders](#)
- [Childhood Abuse](#)

Please note Medicare and private health rebates do not apply

To contact Diane:

Telephone: 0487 338 103

Email: diane@dianemcgeachy.com.au

Cottesloe Counselling Centre
11 Brixton Street
Cottesloe Western Australia 6011
www.cottesloecounselling.com.au

Counselling South
14/17 Ogilvie Road
Mt Pleasant WA 6153
www.counsellingsouth.com.au

The Institute of Play Therapy
193 South Terrace
South Fremantle 6162
<http://www.theinstituteofplaytherapy.com.au>