

# Thrive Counselling & Psychological Services



Rathi is an accredited mental health clinician experienced in clinical-based psychotherapy who helps children, teens, and adults build awareness, knowledge, and skills to support, treat and improve their mental health.



## Trauma Specialist

Rathi Ramanathan is a Lambton-based mental health clinician and psychotherapist who provides a range of psychological interventions for children, adolescents, and adults of all ages who

- have trauma
- are grieving the loss of a loved one or other losses
- are stressed/feeling overwhelmed
- struggle to manage difficult emotions
- are depressed/or have anxiety
- Borderline Personality Disorder
- are survivors of domestic violence/sexual assault
- are socially isolated

## Services

Rathi provides a safe and non-judgmental holistic service tailored to the needs of each client. She provides a range of practical therapeutic approaches and Medicare-approved therapies, including Eye Movement Desensitization and Reprocessing (EMDR), trauma-informed cognitive behaviour therapy (CBT), DBT, somatic-based interventions, loss and grief counselling.

She is experienced in individual and group therapy, workshops, Employee Assistance Program (EAP), Culturally and Linguistically Diverse (CALD) clients, suicide prevention and practitioner supervision.

## To Make An Appointment

Rathi services the Newcastle, Hunter, Central and Mid-North Coast of NSW via face-to-face or Telehealth appointments. Medicare rebates apply with a GP Mental Health Treatment Plan.

Email [rathi@thrivepsychotherapy.com.au](mailto:rathi@thrivepsychotherapy.com.au) or call 0493 464 088 to schedule an appointment, including AH and Saturdays.

Visit [www.thrivepsychotherapy.com.au](http://www.thrivepsychotherapy.com.au)  
(or click on the QR code)

