

KIRAN CHAND

Qualifications

- Master of Psychology (Counselling)
- Honours Degree of Bachelor of Arts (Psychology)
- Bachelor of Arts (Psychology and Humanities)

Experience

Kiran has experience working with individuals across the lifespan and those from culturally and linguistically diverse backgrounds. Kiran has worked in a variety of settings including private practice, community and aged care settings and higher education tertiary institutional settings. Kiran works with adolescents (13+), adults and older adults.

Areas of Expertise

- Anxiety (generalised, social, phobia, panic, OCD, PTSD)
- Depression and mood disorders
- Grief and loss
- Personality disorders
- Adjustment disorders
- Major life changes
- Relationship difficulties
- Workplace stress and vocational support
- Study related stress and difficulties (motivation and procrastination)
- Self Esteem issues
- Trauma
- Sleep disorders
- TAC, Workcover and NDIS

Treatments & Modalities

Kiran works from a client centred perspective and draws from a range of evidence based therapeutic approaches such as Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness, Emotion focused therapy, Schema therapy and Solution Focused Therapy to meet each client's unique needs.