

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 or call 0412 346 758 to schedule an appointment, including AH and Saturdays.

Visit www.thrivepsychotherapy.com.au
(or click on the QR code)

