Lower Mountains Anglican Support Services List

Last update: 17th Aug 2026

Counsellors	
Allgood Psychology **Dr David Bosanquet** (02) 4758 6687 allgoodpsychology@gmail.com www.allgoodpsychology.com	Christian, based in Hazelbrook (35 Railway Parade) Clinical Psychologist Children, adolescents, and adults. • Depression, Anger Management, Anxiety, Stress, Marriage/Relationship and Sexual Counselling, Family Therapy, Addictions, Trauma, Mood Problems. Recommended by Springwood Anglican
Anchor Psychology Clinic **Clare Calderwood** 0411 663 420 admin@anchorpsychologyclinic.com.au www.anchorpsychologyclinic.com.au	Christian, based in Penrith (331 High St) Principal Clinical Psychologist • Assessment and treatment for adults experiencing a range of mental health issues. Evidence based therapies like Cognitive Behaviour Therapy, Acceptance and Commitment Therapy, Schema Therapy and Dialectical Behaviour Therapy. • New appointments on Wednesday or Thursdays Recommended by Sandy Morrison and Jo Young (Springwood Anglican)
Anglicare Chaplaincy **Rev Dave Swan** 0488 111 315 david.swan@anglicare.org.au	Nepean and Blue Mountains Hospitals Chaplaincy to minister to patients, families and staff in the hospitals. Listening, Prayer, Bible Reading and teaching, Spiritual and emotional support. Anglicare is one of our LMAP Mission Partners
Anglicare Counselling 1300 111 278 Or 1300 651 728 www.anglicare.org.au/counselling *Appointments can be arranged via online form*	Christian, based in Penrith (45 Castlereagh St) • Communication, Family Functioning, Relationship Enrichment, Emotional and Mental Health, Parenting Skills, Self-awareness, Life transitions (e.g. Separation and Divorce, Loss and Grief, Work Changes), Family and Domestic Violence. Anglicare is one of our LMAP Mission Partners
Anglicare Mental Health Resource Hub https://www.anglicare.org.au/church-partnerships/mental-health-resource-hub	Christian, online resources • The site provides details and contact numbers to assist church to support people experience mental health and emotional wellbeing challenges. • Who to talk to (In a crisis/GP's/Mental Health Services/Christian Professionals); Online resources (General/Anxiety/Depression/Suicide/Language/Self-assessment/Programs/Forums/Apps and Tools); Courses; Further reading/Sermons/Bible Studies/Websites. Anglicare is one of our LMAP Mission Partners
Blue Mountains Clinic **Tony and Alex Richie** 02 4754 1944 admin@bluemountainsclinic.com.au www.bluemountainsclinic.com.au	Christian, based in Winmalee (382 Hawkesbury Road) Children, adolescents, and adults. • Mood Disorders, Anxiety Disorders, ADHD, Autism, Behavioural difficulties, family relationship difficulties, trauma, and other psychological difficulties. Recommended by Rev. Steve Young (Rector Springwood) & Siena O'Brien (Springwood Baptist).

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Vicki Brasington (J.P.) 0416 068 741 vickibrasington@gmail.com	Christian, based in Winmalee (3 Pinecrest St) Pastoral /Professional Supervisor Associate Member of AAOS (Australasian Assoc Of Supervision) • Pastoral Support to people working in parish or other fields of Christian ministry. Recommended by Rev. Steve Young (Rector Springwood)
Bridges Counselling (02) 9683 1444 0415 752 544 www.bridgescounselling.com.au	Based in Oatlands – North Parramatta (Burnside Shopping Village cnr. Glencoe Ave) A team of specialised professional counsellors, all in private practice as committed Christians. Children, adolescents, and adults. • Relationship Counselling, Psychology Services, Family Counselling, Christian Counselling and Supervision Services and a range of other specialty counselling services. Recommended by Lachlan Bryant (Director of Safe Ministry)
Denton Clinical Psychology (02) 9980 5729 0439 738 763 admin@dentonpsychology.com.au dentonpsychology.com.au	Based in Pennant Hills (Suite B, First Floor 5 Hillcrest Rd) Selected psychologists at this practice are Christian (Dr. Fiona Denton, Fiona Tung, Lauren Winney and Jacqui Kemmis-Riggs) and their website includes a separate section with information for Christians. Children, adolescents, and adults. • Uses Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT) Recommended by Rev David Shead (Rector Cambridge Park)
Dr Geoffrey Glassock 0411 035 512	Christian, based in Springwood (1 de Chair Avenue) Counselling Psychologist Adults only • Anger Management, Couples Therapy, Depression, Grief and Loss, Mediation, Post-Traumatic Stress Disorder (PTSD). Recommended by Rev. Ray Robinson (ex-Rector Katoomba)
Suzanne Carson Suzanne-carson@outlook.com	Christian, based at Holy Trinity Wentworth Falls (17 Armstrong St) Monday and Tuesday from 3pm-8pm. Also Zoom Appointments Accredited Mental Health Social Worker (Member: Australian Association of Social Workers) Individuals and Couples Counselling • Relationship Counselling – distress, conflict, parenting, family dispute and Marriage Preparation. • Trauma, anxiety, depression, employment related issues, life stage transitions, processing separation, grief, post-natal depression and boundary difficulties • Supervision and Mentoring • Professional Influences - Family Systems Training and thinking, Gottman Institute research, Schema Therapy, Neuro-psychotherapy and the Psychobiological Approach to Couple Therapy (P.A.C.T), Levels 1 and 2. Recommended by Rev. Zac Miles (Rector of Holy Trinity Wentworth Falls)

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Integrity Counselling **Megan Watson** 0433 527 597 megan@integritycounselling.com.au www.integritycounselling.com.au	Christian, based at Blaxland Member of CCAA (Christian Counsellor Assoc of Australia) • Anxiety, depression, family conflicts, personal problems, couple conflict, childhood abuse, parenting skills, grief, loss, domestic violence, addictions, resilience, work-related problems, Mental health support. • Offers specific Christian counselling on request. Recommended by Rev. Tom Melbourne (ex-Rector Lawson)
Lower Mountains **Clinical Psychology Practice** **Sandy Morrison** 0401 918 744 lowermountainsclinicalpsychology.com.au	Christian, based in Warrimoo (299 Great Western Highway) Clinical Psychologist Adults only • Abuse, Anxiety, Burnout, Depression Note: Member of Lower Mountains Anglican Church and so will refer LMAP Congregation members where possible. Recommended by Rev. Steve Young (Rector Springwood)
Psychekology **Dr Jenny Dawson** 02 8850 2211 drjennifer@psychekology.com.au www.psychekology.com.au	Christian, based at Baulkham Hills (Suite 305, Level 3, 25 Solent Circuit). Psychologist • Specialises in Post-Traumatic Stress Disorder (PSTD). Recommended by Lachlan Bryant (Director of Professional Standards Unit)
Richard Elms 0407 102 912 ttc@richardelms.com.au www.richardelms.com.au	Christian, based in Queensland (ex. Penrith). Willing to consult over ZOOM. Accredited Clinical Social Worker. Providing therapy for children, adolescents and adults • Anxiety and depression, behavioural problems, domestic violence, anger problems, sexual abuse, addiction, disability, trauma, parenting challenges, relationship problems. Recommended by Archdeacon Neil Atwood and Steve Gooch (ex-Rector Kingswood)
Katie Small Counselling 0435 226 099 info@katiesmall.com.au www.katiesmall.com.au	Christian, based at Blaxland on Thursdays (in-person & online) and Fridays (online). Accredited Mental Health Social Worker (AASW). • Providing services for individuals, couples & families facing a range of challenges (specialises in relationship stress/conflict, parenting, post-natal anxiety/depression, pregnancy loss, workplace stress and trauma). • Uses Bowen Family Systems Theory and utilises Emotion Coaching, Mindfulness, Cognitive Behaviour Therapy (CBT)and Trauma Informed Practises. Recommended by David Miles (Pastor SOMA Blue Mountains); John and Myra Russell
Kim Morris Counselling 0431 071 969 www.mbm.org.au/counselling	Christian, based at MBM Rooty Hill. • Counselling for Individuals, Couples and Families. • Skilled in Grief/Loss, Depression, Anxiety and Stress, Coping with Emotions, Anger Management, Self-Harm, Trauma, Addictions, Parenting, Domestic Violence, Affairs, Betrayal and Trust Matters. Recommended by Jason Ramsay (Senior Minister Oakhurst Anglican Church)

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Trinity Counselling **Howard and Phillipa Mychael** 0408 173 637	Christian, based at Katoomba on Wednesdays. Recommended by Rev. Ray Robinson (ex-Rector Katoomba)
Wendy Mclean Psychology **Wendy Mclean** 02 4578 2700 wendy@wendymclean.com.au www.wendymclean.com.au	Christian, based at Richmond (16 Bosworth St) Psychologist Adult and Children • Counselling, Assessment and Professional Consultation / Supervision Recommended by Rev David Shead (Rector Cambridge Park)
Wisdom Living **Wendy Lin** 0494 002 633 wendy@wisdomliving.au www.wisdomliving.au	Christian, based in Adelaide. Willing to telehealth consult over ZOOM. Counsellor • Christian counselling • Adult individual counselling • Relationship and marriage counselling • Grief and loss support • Parenting support • Counselling for those in ministry and their households Approach is informed by Christian faith where appropriate, while also drawing on established counselling practices. Recommended by Naomi Noakes (Lower Mountains Anglican)

Those who appear on this list are recommended to us as Christian practitioners. It is possible to search for other professionals accredited by the *Psychotherapy and Counselling Federation of Australia* (PACFA). Go to: www.pacfa.org.au. Where each stand in faith is not known.