

Roberto Parraga-Martin

He/Him

Clinical Psychologist

BA(Hons) MClInPsych

AHPRA: PSY0001722265



I am a Clinical Psychologist who works from a non-judgmental perspective to psychological treatment. All aspects of being human are welcome, even those we would rather not have. I guide clients to understand themselves better and support them in releasing the constraints that prevent them from feeling safe and from connecting with their authentic selves. Just as the body has the capacity of healing itself, so do the heart and mind, if we support them to do so.

I have worked in both government and non-government sectors, including mental health and child protection services. I have experience in treating clients of all ages and backgrounds and with a variety of complex psychological difficulties.

As a Clinical Psychologist at Oqea Cares, I have a particular interest in:

- Anxiety & depression
- Trauma/ post-traumatic stress disorders
- Dissociation
- Grief & loss

My training and skillset

I have a Master of Clinical Psychology, and a Bachelor of Arts with First Class Honours in Psychology.

I am an AHPRA Psychology Board approved supervisor.

My therapeutic approach

My approach is influenced by theories of early-life attachment, developmental psychology, interpersonal neurobiology, humanistic and trauma-informed theories.

The core of my therapeutic practice is based on the Internal Family Systems (IFS) model. I have trained in a range of modalities and I mostly work with my clients utilising therapeutic techniques including:

- Internal Family Systems (IFS)
- Cognitive Behavioural Therapy (CBT)
- Schema Therapy (ST)
- EMDR
- Mindfulness-Based Therapies

My client care philosophy

I am experienced in working with complex psychological difficulties. I provide clients with a space where they can feel safe and can work in ways that they do not need to share sensitive details of their lives if they do not wish to do so. I only provide guidance to help clients reconnect with the wisdom they already have within themselves.

Connect with me at Oqea Cares

 0478 613 329

 cares@oqea.com