

Jamiela Sungkar

To summarise my psychological experience, I am a Psychologist PSY002037421, registered with the Psychology Board of Australia, Medicare 5674581B and Australian Psychological Society. The details of my experience are as follows:

I have worked as a Psychologist at Mindstate Psychology since July 2019 as directed by Dr Phil Watts. I have also worked at On Anzac since January 2020. Across both private practice settings I provide psychological services to a wide range of presenting issues including depression, anxiety, perinatal mental health, grief, ADHD, trauma, parenting, attachment and family conflict. I provide therapy to children and adults, including court reportable family therapy and parenting/attachment interventions such as Circle of Security.

I have worked as a Psychologist at the Sexual Assault Resource Centre WA (SARC) since 2016. The SARC provides medical, forensic and psychological services to people affected by sexual violence. This role includes triage, risk management, crisis counselling, clinical reviews, forensic and clinical interviews and emergency consultation to victims of recent sexual assault.

Between 2016 to 2020 I worked as a Psychologist across the counselling and perinatal mental health program at the Womens Health and Family Services (WHFS). The WHFS provide culturally sensitive clinical and medical services to women and their families.

The perinatal role included providing specialised individual and group therapy to women and infants to address issues such as postnatal anxiety and depression, birth trauma and attachment. The counselling role involved providing individual therapy to women with complex presentations such as trauma, grief, child sexual abuse, sexual assault, domestic violence and chronic mental health issues. Both roles required assessment, treatment planning, risk management and individual therapy. I facilitated four group therapy programs including the Circle of Security, Making Sense of Motherhood, Adjusting to Baby and Change and the Power to Change (United Nations domestic violence recovery group).

In 2016 I commenced Provisional Registration as a Psychologist (AHPRA 4 + 2). This program involved over 3000 hours of psychological therapy, professional development, group facilitation and clinical reflection. Including ongoing assessment of knowledge of the discipline, psychological measurement and assessment, intervention strategies, communication and interpersonal relationships, ethical, legal and professional matters, working cross-culturally and practice across the lifespan. I gained experience in psychometric testing including personality (PAI, NEO, 16PF), intelligence (WISC-V, WAIS- IV) and memory (WMS).

Over 170 hours of supervision was provided by Psychologists specialising in vocational, clinical, forensic and developmental areas of psychology. I have had individual and group training and supervision in schema therapy, circle of security intervention, cognitive behavioural therapy, group therapy, interpersonal process in therapy, attachment, mindfulness, trauma informed practice and sensorimotor processing therapy.

Between 2016 and 2017 I commenced work as a Provisional Psychologist and Consultant at Back2Work a leading health service for job active providers and disability employment service providers. This role involved clinical interviews, psychological and vocational assessments, risk management, brief psychological interventions, treatment planning, referrals, report writing, consulting and business development.

In 2016 I commenced volunteer work as a Provisional Psychologist at the Learning and Attentional Disorders Society of WA a support agency for people with ADHD or associated conditions. This role involved clinical interviews, ADHD screening, treatment planning and individual and family counselling. I had supervision and training focused on ADHD and the impacts on the child and adults psychological functioning within the context of the family, school, work, relationships and community.

In 2015 after maternity leave I commenced work as a student counsellor and advisor with Navitas at Curtin College located at Curtin University. In this role I provided culturally sensitive counselling to adolescent and adult students and their families to manage risk, promote mental health and academic outcomes. This required collaborative intervention approaches between students, lecturers and staff.

In 2012 I completed a Certificate IV in Telephone Counselling at Lifeline WA by providing over 100 hours of suicide intervention and crisis counselling.

In 2011 I completed a Bachelor of Psychology at Curtin University. This involved the study of psychological assessment, intervention, report writing, cross cultural psychology, abnormal psychology, ethics, statistics and research. During the degree I worked at Richmond Wellbeing WA providing mental health support and facilitating psychosocial programs for people recovering from psychiatric illness.

Professional Development

In 2016 I completed healing the family members of narcissistic and borderline personality traits; the most challenging cluster B personality disorders: when drama and emotion dysregulation predominate; FASD conference; crisis counselling; anxiety and panic attacks; effective techniques for achieving successful outcomes with clients who resist change and anxiety disorders.

In 2017 I completed the Circle of Security Facilitator 4 day training program; rethinking infidelity: current therapeutic views; infant mental health clinical case work; building strong foundations: perinatal mental health clinical practice into the future; neuroscience-based techniques that transform depression, anxiety, trauma and addiction into resilience.

In 2018 I completed the Hakomi Mindful Somatic Psychotherapy 2 day training: attending to vicarious trauma and PTSD; anxiety disorders in the perinatal period.

In 2019 I completed the EMDR training (Part 1 & 2) with Dr Sarah Schubert and Dr Chris Lee and 4-day clinical hypnosis training with Dr George Burns.

In 2020 I completed the 4-day advanced clinical hypnosis training with Dr George Burns.