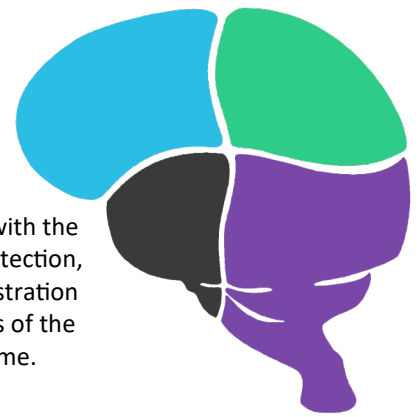


Joshua Davidson Therapy

Helping people make sense of their experiences

Joshua is a friendly fully qualified therapist with a Bachelor of Social Work and Federal Mental Health Accreditation. Joshua primarily uses CBT, DBT and a range of secondary therapies as best suited to individual people.

Joshua is also well versed in working with the family court, Department for Child Protection, Department of Housing, State Administration Tribunal, Centrelink and many aspects of the National Disability Insurance Scheme.



The Point of Therapy

People have a range of reasons why they go to therapy. You may be experiencing a recent uncomfortable event, a longer term trauma, a lifelong condition, or experiencing an event you just can't get your head around.

Therapy is a collaborative experience where we work together to combine your experience and knowledge with our experience and knowledge to create an understanding of the causes of distress (where relevant/possible), a strategy for managing and reducing that distress and prevention strategies to decrease reoccurrences. We work on creating methods to set and achieve your goals, creating a future that you want to be a part of.

Joshua works well with people diagnosed (or likely to be diagnosed) with Autism, ADHD, and various Personality Disorder.

Joshua is also experienced in working with people who have experienced trauma, sexual assaults, philosophical disenfranchisement, climate anxiety, helping people exiting cults and struggling to readjust back into the mainstream, as well as anxiety, depression and schizophrenia.

Non judgemental,
confidential
open dialogues

- General mental well-being
- Anxiety
- Depression
- Bipolar
- Addiction
- Parenting
- Separation
- Domestic Violence (DV)
- Grief
- Trauma
- Stress
- Sexual assault
- Loss of work
- Relationship difficulties

Our Key Goals

You are a person first. While a diagnosis can be useful, it isn't you, it is just a helpful tool.

Addressing distress. Distress is a way that your body and mind tell you that something is wrong. It is not a comfortable feeling and is a key indicator for finding out what needs to be targeted to improve your quality of life.

Addressing your goals. While it is nice that professionals have an opinion about what you need, your goals may differ to some extent from medical definitions. Your goals as just as important as medical safety.

Redundancy. Our goal is to become redundant such that you do not need to use our services or other services like ours again. If we can do ourselves out of business, our job is done.

Working within your paradigm. We all see the world a bit differently. Our goal is to work within the way you see the world and help from the inside.

How to Access Joshua Davidson Therapy

Better Access

Medicare provides access for many people to quality therapy to registered therapists. Your GP can refer you via a Mental Health Treatment Plan (MHTP) for up to 10 subsidised sessions per year. For concession card holders, discounts are available.

Private

If you have used up your subsidised sessions from Medicare, or would rather not use Medicare, you can self refer directly to Joshua Davidson Therapy. Concession card holders are eligible for discounts.

Email to jditheapy@jomida.com
Booking 08 9279 1805
Fax to 08 9279 3943
Address 15 Old Perth Road, Bassendean, WA, 6054

Treating people as people first

- Attention Deficit Hyperactivity Disorder (ADHD)
- Personality disorders (PBD, EUPD)
- Autism Spectrum Disorder (ASD)
- Developmental delay
- Neurodiversity
- Social Skills
- Self esteem
- LGBTQI+
- Identity
- Trans