

Gudrun Lessing



Gudrun is a registered psychologist, who completed her Masters in Educational and Developmental Psychology at Monash University.

Gudrun is passionate about helping children and young people, and has experience in schools, private practice and hospital settings in the UK and Australia. Gudrun also has experience in counselling, psychoeducational assessment and evidence based intervention for both individuals and groups.

Gudrun uses a range of evidence based strategies to work with children and young people who are experiencing a variety of concerns:

- Depression
- Anxiety
- Family Issues
- Trauma
- School Refusal
- Grief and Loss
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Self Harming Behaviours
- Relationship Difficulties
- Social, Emotional or Behavioural Difficulties

Gudrun has a passion for early intervention, helping to empower young people and their families to manage the various difficulties they face within a safe, comfortable and non-judgemental environment.