



Consulting Rooms:

The Grange Practice
Level 1, Suite 2
3 Days Road (Cnr Gilbert Rd)
GRANGE QLD 4051
Australia

DipT, BEd, GradDipCouns, MEdSt, PhD, M.A.P.S.

Counselling, Consulting & Clinical Psychologist

Contact:

Telephone: 07 3356 4400
Facsimile: 07 3356 4600
Mobile: 041 383 1946
Email: john@johnbarletta.com
Web: www.johnbarletta.com

Mission Statement

My mission is to understand people and their lives, to support and empower them by offering a range of quality psychological services. I aim to expand peoples' choices and opportunities, to encourage self-direction, self-regulation, and resilience, and to facilitate growth to peoples' desired level. Although change is difficult, it is possible.

I aim to treat everyone I encounter with respect, to accept them irrespective of what they are challenged by, and to be additive to their lives. I believe in the power of relationships, and I try to connect with people to facilitate a tailored intervention.

My work is focused on collaboration with other practitioners to provide support, resources, and programs to individuals, corporations and professions. My work is respectful of the dignity of people and I focus my services around person-centered approaches.

I hope to contribute to a better world. I do this by living in a healthy, positive and productive way. I am proud to be in the service of others. I continue to grow and develop via personal and professional initiatives which are relaxing, fun, meaningful and engaging.

My area of interest is adult general psychology, with a focus on the integrative use of psychological perspectives and treatment modalities for mental health and wellbeing. I am committed to following the discipline of psychology, and complying with the principles and codes of the Psychology Board of Australia, and Australian Psychological Society.

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ABN: 71485084298

Registration Number: PSY961260

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