



Dr Marieke LEDINGHAM

Helping professionals navigate work and life

Marieke is an experienced psychologist with over 20 years' clinical experience, a PhD on work burnout, and expertise in treating workplace psychological injury.

She has a special interest in medical, education and legal sector wellbeing, as well as high risk workplaces.

ACCEPTING REFERRALS

- ✓ After hours and Saturday appointments
- ✓ MHCP, Private insurance and workers compensation
- ✓ Adults, older adults

REFERRAL CONTACTS

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SPECIAL INTERESTS

- Work burnout
- Chronic stress
- Workplace trauma
- Sleep disorders
- Adjustment disorder
- Retirement issues
- Anxiety & mood disorders
- ADHD coaching
- Leader wellbeing

QUALIFICATIONS

Marieke holds a PhD in Occupational Psychology & Management, a Master of Counselling, a Postgraduate Diploma in Psychology (Rehabilitation and Injury Management), and a Bachelor of Science (Psychology).

THERAPEUTIC APPROACHES

Marieke uses various strategies depending on the presentation including CBT, CBT- Insomnia, Acceptance and Commitment Therapy (ACT), Gottman Couples Therapy, Emotion Focused and Schema Therapy.

Approved Provider with: