

Sumana Kodi, M.A., M.Phil.

Accredited Mental Health Social Worker



Professional goal

Every human being is capable of leading a meaningful and purposeful life beyond the limitations of mental illness and complex psycho social problems and I will be a partner in promoting an individualised vision of recovery through collaboration with the consumers, carers, families and all other services.

My Professional Values

- Hope – Individual and families do and can overcome barriers
- Holism – Recovery encompasses and individual/family's whole life
- Respect – Protection of individual and family's rights
- Working in partnership with consumers and carers
- Respecting diversity–respect for age, gender, religion, culture, sexual orientation, etc.
- Empowerment, Self-determination and Self-direction – consumer/family determine their own recovery process
- Excellence – service provided to the highest possible standards of practice

Qualifications and Memberships:

- M.A. in Social work with specialisation in Medical and Psychiatric Social Work
- M.Phil. in Psychiatric Social work
- Masters Degree in Conversational Psychotherapy
- Accredited Mental Health Social Worker
- Accredited member of Australian Association of Social Work
- Registered Medicare Provider
- Registered ATAPS provide
- Registered Counsellor with Workers Comp NSW

Experience

- Have been working as a Mental Health Professional for more than 25 years
- Have experience in assisting with mental health and physical health recovery, assisting women to deal with domestic violence, coordinating with various agencies to deal with social issues such as housing, financial problems, etc., organizing services for disability support, providing psychological interventions for anxiety and depression and psychoeducation for mental illness and treatment of mental illness.

- Have been in private practice since 2013 and been providing effective comprehensive psychological services focusing on enhancing psychosocial and occupational functioning.

Services Offered

- Comprehensive mental health and psychosocial assessments
- Social Work intervention for psychosocial issues
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- Individual / group psychoeducation (motivational interviewing)
- Counselling / therapy for anxiety, depression, grief / loss, domestic violence, interpersonal problems and other mental health issues
- Skills Training – Problem solving, Anger management, social skills training, Communication
- Nondirected pregnancy counselling
- Worker's compensation
- Home visits available if needed

Languages spoken

English

Tamil and Kannada (South Indian languages)

Fees

- Medicare Bulk Billed for the clients referred by their GP and the Specialists
- PHN funded ATAPS for the clients referred by their local GP/Specialists
- Gap fee charged under the fee structure provided by the AASW

Contact Details

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