

Will Chesmond

Registered Psychologist |
Clinical Psychologist
Registrar



CONTACT AND REFERRALS

Email:

admin@willchesmondpsychology.com

SPECIAL INTERESTS

- Men's Mental Health
- Young adult mental health
- Anxiety
- Depression
- Work-related stress
- OCD
- Addictions
- Trauma
-

CARE TEAM PROFILE

Will is a psychologist offering compassionate, evidence-based care in private practice. He creates a welcoming therapeutic environment where clients feel heard, valued, and empowered to explore their concerns. With a genuine appreciation for each person's unique story, he brings warmth, thoughtfulness, and collaboration to his work.

His clinical experience spans both private psychiatric inpatient settings and outpatient private practice. Will works with a broad range of concerns including anxiety, depression, OCD, trauma, addiction, and men's mental health. He is particularly interested in helping clients identify the patterns that keep them stuck and supporting them in building lives that reflect their deeper values and aspirations.

Will's therapeutic style is informed by evidence-based approaches including Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT), and including aspects of Schema Therapy, and Dialectical Behaviour Therapy (DBT). He tailors his approach to each individual, ensuring therapy is responsive to their unique circumstances, strengths, and therapeutic goals.

Drawing on experience across varied clinical contexts and client groups, Will brings adaptability and deep respect for diversity to his practice. He is dedicated to supporting clients as they navigate difficulty, build resilience, and work toward lives marked by greater clarity, connection, and purpose.

Will is available to see adolescents from 16+. He is qualified with a Bachelor of Science (Honours) (Psychology) and Masters of Psychology (Clinical).