



## Psychologist Profile

# Susan Thiesfield

BPsySc(Hons) MClinPsych

### Areas of interest

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- Anxiety and mood disorders
- Trauma and Attachment Issues
- Personality Disorders
- Addictions
- Stress and Burnout
- Grief and Loss

### Client groups

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- Adult

### Languages

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- English

### Referrals

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Please contact Belmont Psychology Clinic:

T: 07 3398 0260

E: [bel.psychologyclinic@aurorahealth.com.au](mailto:bel.psychologyclinic@aurorahealth.com.au)

### Clinic locations

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Susan is available for consultation at Suite 5,  
Conolly Clinic, Belmont Private Hospital

### Professional background

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Susan is a Clinical Psychologist with over a decade of experience working with adults and young people presenting with a range of concerns. Susan has a particular interest in supporting people who struggle with emotional instability, persistent feelings of emptiness, and challenges navigating relationships. She believes in the transformative power of self-awareness and mindful presence, and is passionate about helping people understand themselves so they can live more meaningful, connected lives.

Susan is a warm, caring professional who has great respect for her clients' courage and willingness to collaboratively explore their issues of concern. Practicing evidence based therapy, Susan uses a flexible, integrated approach, tailored to individual needs. She is experienced in a range of therapeutic modalities, including Schema Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT).

Susan works as part of the Belmont Therapy Programs team, as well as in the outpatient Belmont Psychology Clinic