



Psychiatrist Profile

Dr Kelsey Denny

BMed, MD, FRANZCP

Sub-specialties

- Adjustment Disorders
- Anxiety Disorders
- Depressive Disorders
- Post Traumatic Stress Disorder
- Women's Mental Health
- Personality Disorders

Client groups

- Adults 18-60
- Defence Personnel/Military
- Emergency Services Personnel/Police
- Women

Languages

- English

Telehealth

Yes, upon request

Professional background

Dr Kelsey Denny is a medical doctor and specialist psychiatrist with over a decade of clinical experience. She holds a Bachelor of Medical Studies (BMed) and a Doctor of Medicine (MD) from the University of New South Wales, and completed her specialist training in Psychiatry with the Royal Australian and New Zealand College of Psychiatrists (FRANZCP).

Dr Denny provides both inpatient and outpatient care, with a practice tailored to adults aged 18 to 60 who are seeking high-quality, thoughtful, and personalised psychiatric support.

Dr Denny offers a boutique, integrative approach—blending medical expertise, evidence-based psychological therapies, lifestyle medicine, and, when appropriate, pharmacological treatment. Her care model moves beyond symptom management or diagnostic labels, focusing instead on understanding the underlying drivers of distress and supporting long-term emotional and psychological wellbeing.

Her areas of interest include trauma-related conditions (PTSD and Complex PTSD), mood disorders related to hormonal transitions, and the mental health of military personnel and first responders.

Clinic locations

Dr Denny is available for consultations at South Coast Private Hospital's co-located psychiatry private practice.

Referral and appointments

T: 02 4286 6812