



## Specialist Profile

# Dr Bikash Shrestha

## Psychiatrist

### Qualifications

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MBBS; Mpsych; FRANZCP

### Sub-specialties

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- Adjustment Disorders
- Anxiety
- Bipolar Disorder
- Borderline Personality Disorder
- Complex Trauma
- Dementia
- Depression
- Drug and Alcohol Disorders
- Eating Disorders
- Electroconvulsive Therapy (ECT)
- General Adult Psychiatry
- Geriatric Psychiatry
- Neuropsychiatry
- Perinatal Psychiatry
- Personality Disorders
- Post Traumatic Stress Disorder (PTSD)
- Postnatal Depression
- Psychosis
- Schizophrenia

### Languages

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- English

### Telehealth

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Yes, upon request

### Professional background

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Dr Shrestha is a fellow of Royal Australia and New Zealand College of Psychiatrists. He completed his psychiatry training at the Western Sydney network and obtained his fellowship with the Royal Australia and New Zealand college of Psychiatrists, (FRANZCP).

Dr Shrestha has over 11 years of experience in Psychiatry. Over the years, Dr Shrestha has worked in various regional and urban hospitals across Australia. His expertise in mental health has earned him a reputation as a trusted and reliable practitioner, and his patients appreciate his empathetic and supportive approach to care.

His extensive training and work experience allows him to render individualized professional care for adults with various mental health disorders using evidence-based practices. His education and work has exposed him to patients from various ethnic backgrounds and socioeconomic statuses, and consequently, he has a broad cultural overview as it relates to patients with mental health issues.

### Referral and appointments

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T: 1300 122 144

F: 02 8883 1834

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

Referrals can be sent via Medical Objects

A 3 McCausland Place, Kellyville NSW 2155

T: 1300 122 144 F: 02 8883 1834

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

W [kellyvilleprivate.com.au](http://kellyvilleprivate.com.au)

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