

PSYCHOLOGIST PROFILE



Dr Dipti McGowan

Clinical Psychologist

PhD (Clin Psych), BSocSc (Psych)(Hons), MAPS FCCLP

The Principal Psychologist at Insight Works, Dipti has experience working with clients of all ages and from diverse backgrounds. Dipti provides a professional environment in which clients feel safe, secure and relaxed and can work towards improving their wellbeing and quality of life.

Dipti delivers compassionate, evidence-based therapies to help her clients alleviate their distress and live fuller lives. She works with individuals and groups, helping them to acquire insight and understanding of their life experiences.

Dipti is a Clinical Psychologist and recently completed her research PhD on the impact of mindfulness and self-compassion on people affected by cancer.

Medicare Pregnancy Support

Counselling Support
Bulk Billed
Up to three sessions per pregnancy
No specific referral form required

Psychological Assessments

Adult and Child
Cognitive assessments
Educational assessments
Clinical assessments

Client Profile

Working with...

- Depression/Mood disorders
- Anxiety Disorders incl. Panic, OCD, Phobias, GAD
- Stress/Post Traumatic Stress Disorder
- Behavioural Problems
- Relationship Counselling
- Loss and Grief
- Anger Management
- Chronic Illness/Pain
- Developmental Disorders
- Language/Communication
- Confidence Building
- Social Skills Training

Supporting...

- Adults
- Children
- Adolescents
- Families

INSIGHT WORKS

Insight Works is a Gold Coast based psychology practice offering a wide range of evidence-based therapies including cognitive behavioural, compassion-focused, mindfulness-based and acceptance commitment therapies.

We offer a varied fee structure to suit the needs of each client. Fee assistance is available through Medicare, private health insurance, DVA, NDIS and WorkCover. Private patients are also welcome.

At Insight Works we recognise that many people have other commitments during the day and so we are available for extended hours. Skype and phone sessions available on request.



Bulk Billed* for Medicare Mental Health Care Plan, NDIS, WorkCover and DVA card holders

*conditions apply