

Private Clinicians

A decorative banner at the top of the page features a soft-focus image of lavender flowers on the left and a white butterfly with orange markings on its wings on the right, set against a warm, golden-yellow background.

bpd-sa.com.au

Borderline Personality Disorder Support Services in South Australia

Sally Walsh - Clinical Psychotherapist and Mental Health Practitioner

Location: Australia-wide ONLINE

Phone: 0416 277 607 **Email:** sally@sallywalsh.com.au

Availability: Appointments available Monday to Friday between 9am - 5pm and 8pm - 9pm

Waiting time: generally no waiting time, immediate availability

Cost: \$198 per hour, however rebates may be available through your private health insurance.

BPD can feel overwhelming—but change is possible. Begin a online therapy journey with a psychotherapist who truly understands Borderline Personality Disorder.

I provide a safe, understanding space where you can explore patterns, learn emotional regulation, and build trust. My approach is relational, meaning we work together to understand your experiences that can often be confusing to build stability and self-understanding.

- Learn to manage intense emotions, feel calmer and more grounded
- Build healthy emotional boundaries
- Improve relationship patterns
- Develop compassion and confidence

Bloom Psychology Adelaide

Location: Good Hub, 98-100 Goodwood Road, Goodwood 5034 **Phone:** 0415 198 695

Website: <https://www.bloompsychologyadelaide.com/> **Email:** hello@bloompsychologyadelaide.com

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health and primary health. During these times, women with a diagnosis of Borderline Personality Disorder.

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Borderline Personality Disorder Support Services in South Australia

Jason Gill Psychology

Location: Hills Psychology Centre, Unit 4, 83 Mount Barker Road, Stirling SA 5152

Phone: 08 8131 0149 **Email:** hillspsychologycentre@gmail.com

Availability: Monday - Thursday 8am - 4pm and Friday 9am - 1pm

Waiting time: 2-3 months

Cost: \$240 per hour, however a rebate of \$145.25 available with a valid Mental Health Treatment Plan. Discounts and bulk billing for Concession Card holders.

Individual therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Treatment primarily involves a Dialectical Behaviour Therapy (DBT) – informed approach. This can be used as a stand-alone treatment or as an adjunct to a skills-based group therapy.

Margaret Hartstone and Amanda Burlock Clinical Psychologists

Location: 15 The Parade NORWOOD SA 5067

Website: www.hartstoneburlock.com.au

Cost: Rebate available with a valid Mental Health Care Plan

Providing individual and group-based psychological treatments for adults with a range of issues and mental health concerns.

Centre for Schema Therapy

Location: 195 Glen Osmond Rd, FREWVILLE SA 5063

Website: <http://www.centreforschematherapy.com>

Cost: \$190 for a 50 minute session. Rebate may available with a valid Mental Health Care Plan or appropriate private health cover.

We offer private psychological services to children, adolescents, and adults experiencing a range of presenting issues, including anxiety, depression, Autism Spectrum Disorder, personality disorders, eating disorders, complex trauma, relationship issues and parenting difficulties.

Kathleen Mansfield - Clinical Psychologist

Location: 262 Melbourne Street, North Adelaide, SA, 5006

Phone: 0422 138 234 **Email:** kathleenmansfieldpsychologist@gmail.com

Availability: Monday - Thursday business hours; by appointment only

Waiting time: Approx 1 - 3 weeks

Cost: \$154.50 (concession card) \$184.50 (non concession card)

Maximum Medicare rebate may available with a valid Mental Health Care Plan. HICAPS available in rooms for those using private health insurance.

Providing individual therapy for adults with Borderline Personality Disorder focusing on Dialectical Behaviour Therapy (DBT). Also providing individual therapy for adults with a range of other issues and mental health concerns.

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Lisa White & Co

Location: Suite 106 / 145 Brebner Drive Westlakes SA **Phone:** 0419 838 720 **Email:** lisa@lisawhite.co

Availability: By arrangement **Cost:** \$160.00 individual sessions, medicare rebate available through the Better Access Initiative, subsidy of \$74.80 per session up to 10 sessions.

Individual therapy available in addition to DBT Group Programs (as listed under the Adelaide - Western support services). Referral required from Psychologist, Psychiatrist or General Practitioner.

Dr. Heather Mattner

Location: 83 Mount Barker Road, Stirling SA 5152 **Phone:** 0414 499 544 **Email:** heathermattnerpsychologist@gmail.com

Availability: Consulting Tuesday, Wednesday, Thursday & Friday **Wait time:** Approx 3 weeks

Cost: Variable - opportunities for bulk billing, private health cover and medicare rebate

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health and primary health. During these times, women with a diagnosis of Borderline Personality Disorder can be particularly vulnerable and Heather offers caring, sensitive, professional help for women and their families including:

- Fertility/infertility issues
- Psychological/Mindfulness preparation for labour and birth
- Antenatal/postnatal anxiety and/or depression
- Antenatal, labour/birth and/or postnatal trauma
- Unexpected outcomes
- Grief/loss in pregnancy, birth or postpartum
- Other mental health issues/concerns around pregnancy and postpartum (for example, mood disorders, stress, distress, coping, adjustment)
- Perinatal post-traumatic stress disorder
- Parent-infant relationship issues

Also offering psychology support for doulas, midwifery students, midwives, maternal-infant nurses, perinatal mental health nurses and others.

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Dr Kathryn Moores - Clinical Psychologist

Location: 142 Springbank Road, Torrens Park SA **Phone:** 0482 176 535 **Email:** DrKathMoores@gmail.com

Website: www.drkathrynmoores.com

Availability: Appointments available on Thursdays and Fridays between 9am - 5pm. After hours appointments available by negotiation

Wait Time: Approx 2-3 weeks

Cost: \$250 per hour (Medicare rebate of \$145.25) available with a Mental Health Treatment Plan (for up to 10 sessions), with a gap fee of \$104.75.

Individual therapy for adults with Borderline Personality Disorder (BPD), including other personality issues, utilising evidence-based treatment modalities including Dialectical Behaviour Therapy (DBT), DBT - Prolonged Exposure Protocol (DBT-PE) and Good Psychiatric Management (GPM). I can also provide evidence based therapy for adults with trauma using Eye Movement Sensitisation and Reprocessing (EMDR) and am able to provide therapy for people who experience Dissociative Disorders.

Psychological Therapy Services - Individual and Group DBT Programs

Availability: by Appointment **Waiting Time:** Minimal **Cost:** See below

Psychological Therapy Services are a specialist service for Dialectical Behaviour Therapy (DBT) and the treatment of Borderline Personality Disorder. They are a team of clinicians who have undertaken comprehensive training in DBT and have extensive experience in working with clinical mental health presentations. They offer a range of evidence-based therapies including DBT, Mentalization Based Therapy, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, and Schema Therapy. Programs and services available include:

Individual and small group skills-based therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Trauma and diversity informed Dialectical Behaviour Therapy (DBT) approach.

Cost: \$210 per individual session, Medicare rebate with a valid Mental Health Care Plan. Discounts for low income and concession card holders.

10 week skills group \$100 per week, \$46.75 Medicare rebate with a valid Mental Health Care Plan.

Also accept NDIS, RTWSA, DVA and other third party referrers.

The program/s below can be accessed via:

Psychological Therapy Services

Location: 282 Payneham Road, Payneham SA 5070

Phone: 08 7092 3847

Contact Email: admin@psychologicaltherapyservices.com.au