

# DR GARRETT PSYCHOLOGY

My name is Mieke, pronounced Me-Kah. It's of Dutch origin, chosen by my German father. A lot of people like it but I do sometimes wish my parents had chosen an easier name!

## Clinical psychology

I'm a clinical psychologist; in technical terms clinical psychology is a sub-specialty of psychology that focuses on assessing, diagnosing, and treating (through talking therapy) mental, emotional, and behavioural disorders. We are trained to help with a wide range of difficulties, such as mood and anxiety disorders, psychosis, trauma, eating disorders, substance use disorders, personality disorders and more. We use therapies that have been researched extensively and are backed by scientific evidence. You may notice the use of the word 'disorder' a lot; however our focus is really on hearing your story, formulating what factors contributed to your difficulties and what factors are keeping them going, looking at what your strengths are, and working with you to reach your goals. Everyone experiences various difficulties throughout their lives, and a "disorder" (i.e. formal diagnosis) is not a requirement of seeing a psychologist.

Anyone has the potential to benefit.

## My training & work experience

I completed seven years of university level study; I gained a Bachelor of Science from Victoria University of Wellington, and a first class Honours degree and my Doctorate in Clinical Psychology from Massey University in Auckland. I was awarded several honours & scholarships including the Massey University Doctoral scholarship, and my research on enhancing the benefits of homework completion in cognitive therapy for depression was placed on the Dean's List of exceptional doctoral theses. I have worked as a clinical psychologist in a range of settings and with a variety of difficulties, including in a university clinic, with older (>65yo) adults for a district health board, and my more recent experience is with 18-65 year olds at another district health board in Auckland and then in private practice in Ponsonby. I have also lectured at universities, given guest talks to medical professionals, written for various publications, and supervised students. I would love to reach as many people as I can by providing resources and tools over time on my website.

## Outside of work

Outside of psychology, I largely enjoy spending time with my family (I'm a mother to two little ones); or relaxing & doing absolutely nothing if I get the chance! I have interests in a range of areas including laypersons sociology; infant mental health & gentle parenting in general; cooking & baking; allergy management; volunteering; behavioural economics; poverty reduction locally & globally; entrepreneurs (I love autobiographies); and outdoor baths!