

THINKAHEAD

We Specialise in

PSYCHOLOGICAL SERVICES

CORPORATE TRAINING

LEADERSHIP DEVELOPMENT & COACHING

PERFORMANCE & WELLBEING PROGRAMS

CULTURE ENHANCEMENT

CONSULTING SERVICES

About us

PROFESSIONAL PROFILE

Genevieve Anderson

Registered Psychologist

Genevieve is a Registered Psychologist with over 10 years' experience supporting adults experiencing a broad range of psychological, emotional, and workplace-related challenges. Her professional background spans private practice, hospital, rehabilitation, and workplace settings, with expertise in psychological injury, trauma, anxiety, depression, stress, burnout, and adjustment difficulties.

Genevieve has experience in workplace psychological injury, rehabilitation, and return-to-work support, helping individuals recover from workplace trauma, manage psychological symptoms and restore their capacity to return to employment and everyday activities. She also supports clients recovering from motor vehicle accidents, as well as individuals accessing Employee Assistance Programs (EAP), NDIS, and private psychological services.

Genevieve also has a strong clinical interest and experience in perinatal and early parenting mental health. Combining her clinical expertise with a personal understanding of the parenting journey, she provides compassionate support to individuals navigating fertility challenges, pregnancy, birth, the postnatal period, and early parenthood. She recognises the emotional complexities of this significant life transition and helps clients manage anxiety, depression, birth-related trauma, relationship changes, and parenting challenges.

Genevieve takes a neuro-affirming, strengths-based approach, supporting clients with emotional regulation, executive functioning, anxiety, relationships, workplace challenges, and navigating life transitions. Her focus is on helping individuals develop practical strategies that recognise their unique strengths, needs, and ways of experiencing the world.

Known for her warm, practical, and collaborative approach, Genevieve creates a supportive environment where clients feel heard and understood. She draws on evidence-based psychological therapies, including Eye Movement Desensitisation and Reprocessing (EMDR) for trauma, tailoring treatment to each individual's needs and goals.

Areas of Expertise

- Workers Compensation, psychological injury and return to work
- CTP, accident-related trauma and rehabilitation
- Perinatal mental health, pregnancy and early parenting
- Anxiety, depression, PTSD and trauma
- Workplace stress and burnout
- Grief, loss, relationships and life transitions
- EMDR and trauma-focused psychological therapy

TERTIARY QUALIFICATIONS

- Bachelor of Psychology UNSW
- Honours in Psychology UNSW

POST GRADUATE DEGREE

- Diploma of Psychological Practice – College of Professional Psychology
- Medicare Registered

PROFESSIONAL TRAINING& REGISTRATION

- Registered Psychologist: AHPRA PSY0002107434
- Perinatal Loss Clinician Training: Centre for Perinatal Excellence
- EMDR training: Level 1 and Level 2 - EMDR Academy of Sydney
- Perinatal Infant Mental Health Training: Centre for Perinatal Excellence
- Medicare Registered
- SIRA Registered 2007