

working4recovery

Psychotherapy, and counselling services to
the Cairns community and beyond...

Specialising in providing trauma informed and mental health
recovery focused psychotherapy, supervision and consultancy

Confidential “off the grid” therapy and debriefing for
professionals in all industries exposed to vicarious or
work related trauma

Dr Richard Lakeman is a mental health nurse and psychotherapist with
30 years experience in mental health informed by training in:

- Eye Movement Desensitisation Therapy (EMDR)
- Rational Emotive Behavioural Therapy
- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Acceptance & Commitment Therapy
- Open dialogue methods
- Psychodynamic principles



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A ‘Stepped Care’ clinician in Cairns info@working4recovery.com

If eligible ask for Dr Richard Lakeman on referral

www.working4recovery.com