

Dr Aloysha Jacobson

MBBS FRANZCP

Consultant Psychiatrist



Tertiary Qualifications

MBBS UNSW	1997
Graduate Diploma in Creative Writing UTS	2005
Masters of Psychiatry including dissertation Institute of Psychiatry	2009
FRANZCP	2011

Professional Experience

Consultant Psychiatrist VMO St John of God Hospital Burwood Inpatient and outpatient work, private practice	2011- present
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Consultant Psychiatrist VMO
Lithgow Specialist Medical Centre
Outpatient care, government subsidised, including both face to face and regular telehealth work

- 2014 onwards Approved Victims of Crime Counsellor
- 2015- Additional Admitting Rights at Strathfield Private Hospital

I treat inpatients and outpatients with a range of conditions especially:

- Major Depression
- Complex Trauma
- Anxiety Disorders
- PTSD
- Bipolar Disorder
- Substance Abuse
- Personality Disorders; and
- Schizophrenia.

I am particularly interested in Trauma.

Masters in Research Psychiatry. Developed a course in Positive Psychotherapy and ran a trial in 'Positive Psychotherapy' ('PPT') on outpatients with depression and co-morbidity.	2009
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Psychiatry registrar SESIAHS, including 1 year research scholarship awarded by the NSW Institute of Psychiatry	2005- Jan 2010
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Medical humanitarian work (including work for MSF), in East Timor, Afghanistan, Ethiopia. Advocacy work on access to medicines for neglected diseases	2000-2004
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Intern Year, 1st Yr Resident (Concord Hospital Sydney)	1998- 1999
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Ongoing Post
Graduate Training

EMDR Stage 1 2012 Advanced Practicum Stage 2 2019

Trauma Training & Training in Dissociative Disorders: John Briere 2012, supervision Dr Karen Baikie, Blue Knot Foundation 2015, Hakomi therapy, Bessel Van Der Kolk 2016, Pam Stavropoulos 2016, Bethany Brand 2016, Janine Fisher 2017. Supervision with Dr David Howsam 2018-2020, attendance at a DID peer review group, ISSTD level 2 course 'From complex Trauma to Dissociative disorders' 2021/22

Cognitive Behaviour Therapy Certificate in CBT 2013

ACT experiential introduction 8-9/7/13 Kelly Wilson

Schema Therapy Basic and Advanced Schema Training ISST and APS (2013) Robert Leahy Emotion Regulation in CT 2013

Dialectic Behaviour Therapy Marsha Linehan 2014, Sarah Maguire 2012

ECT Training 2012, 2019

TMS Training 2015, Masterclass 2018, 2021

Psychodynamic Therapy SIPP 1 year, weekly. 2016

ADHD Peter Heffernan course 2021

Medicolegal AMA Vic NSW Workers Compensation Training Core and Psychiatry Module Feb 2022

Publications

'ACT NOW in the Asia Pacific' (MSF document about malaria)
http://www.msf.org/source/downloads/2005/malaria-asia/MSF2005_malaria_asia.pdf

'Access to longitudinal data on mentally ill patients' Australasian Psychiatry 14(1), 95-96

'Inadequate training in the psychotherapies'- Australasian Psychiatry 2008 16 (2), pp 138

Trainees wishes and experience of psychotherapy training – a binational survey Australasian Psychiatry 2012

Antidepressant tolerance is not trivial ANZJP 2021

Leadership Roles
and Advocacy

Member of the Registrar Representative Council (RRC) 2008
IMET (NSW Health department), and the NSW Institute of Psychiatry course review board.

Co-chair of the bi-national RANZCP RRC. 2009

Lectured at the Institute of Psychiatry on psychotherapy, EMDR, schema therapy 2011-2012

Member of the Medical Advisory Committee of St John of God hospital Burwood, and of the Substance Disorder St John of God Leadership Group. 2012-2017



DR ALYOSHA JACOBSON

www.MEDirect.com.au P 1300 001 633 E bookings@MEDirect.com.au

Member of the St John of God ECT and TMS Leadership group.

2015-
current

