



Zarina Chohan

Bachelor of Psychology (Hons) - Bachelor of Arts - Master of Counselling

Zarina is a highly skilled clinician with a warm and authentic persona. Her practice is non-judgmental and underpinned by a strong academic and research interest in investigative psychology to find the root cause of presenting issues. Zarina treats every case on its unique circumstances and brings clarity to complex situations. She is highly perceptive and delivers therapeutic strategies that empower her clients to overcome adversity and find the courage to face the future. Zarina works with clients to develop skills, set tangible goals and to work towards rewarding end results. She offers both long and short-term psychotherapy.

She uses an integrative approach tailored to each client's needs. With over 10 years of experience serving clients from diverse cultural and socio-economic backgrounds, she has the professional experience to appreciate issues from competing perspectives and often calls on this strength to guide her clients to resolve emotive relationship issues. Zarina draws on an expansive international experience to work effectively with people from all walks of life, regardless of their race, creed or economic status. Zarina also has management experience.

When not at Nexus CAP, Zarina enjoys the outdoors and spending time in nature.

Areas of interest include:

- Mood Disorders
- Anxiety disorders
- Post-Traumatic Stress Disorder
- Postnatal Depression
- Adjustment Disorders
- Pain management
- Substance-related and addictive disorders
- Eating Disorders
- Adjustment disorder
- Childhood Trauma
- Self-Development
- Relationship difficulties
- Bereavement and grief

Qualifications

- Bachelor of Psychology (Honours)
- Bachelor of Arts
- Master of Counselling

Professional Memberships

- Associate Member of The Australian Psychological Society (APS)

