

Executive Medicine  
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# EXECUTIVE MEDICINE

## Psychological Services

In house referral

Integrated support

### A Brain for Life

can help you establish positive wellbeing with an evidence based program to suit your needs.

Neuroscience has revealed that our psychological wellbeing is crucial to our physical health and brain function and influences how we function and age. How we think determines how we feel and how we act, and influences how our brains work. The brain is dynamic and adaptive and can change making new connections and pathways through a process termed neuroplasticity.

It is possible to change how you think so you can have greater life satisfaction.

### A Brain for Life brings neuroscience and psychology together

providing individual programmes based upon research and recognised psychological therapies to improve psychological and mental health, enhance life quality and build enduring happiness and life enrichment.



### Psychological Services

Nicola Gates is a registered clinical psychologist / neuropsychologist with 16 years experience working in individual development, rehabilitation and acquired brain injury.

Nicola has undertaken extensive professional training since completing two Masters degrees in Psychology including coaching psychology at Sydney University, cognitive behaviour therapy for anxiety and depression, cognitive rehabilitation. She is currently undertaking a PhD in psychological wellbeing and cognitive training for the prevention of dementia at UNSW School of Psychiatry.

Nicola has experience in media, public forums, and education, and has presented at educational forums for MBF and Bupa Australia, for area health services, and at many professional conferences.

Nicola is available at Executive Medicines office by appointment.

Nicola Gates BA Hons, MPhil MA MCCN  
PhD candidate

'A Brain for Life' services for psychological wellbeing; brain health; and dementia prevention

[www.abrainforlife.com.au](http://www.abrainforlife.com.au)

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### Psychological Wellbeing

**Nicola Gates 'A Brain for Life' services in psychological health; combating stress, depression and anxiety**

### Positive Psychology Program

#### 1 hour session

Building mental health and improving wellbeing and developing enduring happiness.

Nicola applies Cognitive Behaviour Therapy and other evidence based practices to provide:

- Stress Management
- Assertiveness Training
- Building Resilience
- Anxiety Reduction
- Improving Relationships
- Enhancing Communication
- Adjustment/Change Management
- Ageing Positively

Medicare rebate available with a GP Mental Health Care plan.

### Cognitive Assessment

#### 2 hour session + 1 hour follow up

Providing neuropsychological assessments to measure memory function and thinking abilities for the diagnosis and early treatment of cognitive deficits and dementia.

No Medicare rebate available on this service.