

## Dr Chris Larner

Chris has gained broad ranging experience working in both the educational and health settings in Australia and overseas. He is currently a director of Word of Mouth, whilst concurrently working as a telephone counsellor for Crisis Support Services on the Suicide Help Line, a lecturer at Victoria University, and a psychologist at both the Melbourne Cognitive Behaviour Therapy Centre, and the Epworth Hospital in their multidisciplinary chronic pain management programme.

Chris has completed separate undergraduate degrees in psychology and human movement, providing him with a holistic approach to treatment. He has gained a range of qualifications in Cognitive Behaviour Therapy, and Acceptance and Commitment Therapy culminating in a PhD exploring the management of anxiety. He has specialist training in child and adolescent therapy, couples therapy, obsessive compulsive disorders, family therapy and parenting, managing crisis and post-traumatic stress, psychosis, chronic pain management, depression, and anger management. In particular, Chris has a particular interest in the treatment of anxiety related disorders.

## For further information

To discover how Word of Mouth can help you or your client, please contact:

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wellness  
through  
words

## Who we are

We are a small and independent psychology practice located in Melbourne's Southern region.



Our team has professional training and first-hand experience in helping people to overcome a wide range of emotional and behavioural obstacles, and to enhance optimal functioning. We also have close links with a range of skilled allied health providers where a multidisciplinary treatment approach is warranted.

We pride ourselves on our dedication to the wellbeing of our clients who include youth, adolescents, and adults. We also work with couples and families, and run group workshops on a range of topics.

## What we do

We specialise in the treatment of depression, anger, anxiety disorders, grief and loss, suicidal behaviour, chronic pain, interpersonal problems, substance related disorders, disorders of adjustment, sexual problems, schizophrenia, eating disorders, and sleep disorders.

We also provide critical incident debriefing, psychological skills training for performance enhancement, and life coaching.



## How we work



We exclusively employ evidence-based psychological interventions. This means that the therapeutic strategies we use have been clinically tested and have been found to be effective in helping people solve their problems and enhance their quality of life. In particular we utilise techniques that have a basis in Cognitive-Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

We additionally use a range of adjunct therapeutic techniques including Motivational Interviewing, Imaginal Exposure, Hypnosis, Relaxation Training, Narrative Therapy, Psychoeducation and Skills Training.