

About us

PROFESSIONAL PROFILE

Helen Carouzos

Counselling Psychologist at Thinkahead Consultant Psychologists Pty Ltd

Helen is a HCPC registered Counselling Psychologist with 20 years' experience working in private practice and with organisations across the full range of corporate psychological services. Her high-level skills as a psychologist combined with her training experience both in Australia and in the UK has provided a solid platform to advise and train organisations on issues, from customer service to stress management, to managing change and performance.

Her expertise with Employee Assistance Programs (EAPs) has assisted many organisations with their employee mental health and wellbeing programs. This has contributed towards measurable outcomes such as greater productivity and performance, fewer absences, higher morale, fewer stress claims, greater teamwork, communication, and better work/life balance.

Helen's professional versatility as a psychologist also enabled her to utilise her clinical and counselling skills across various private and public-sector organisations relating to the manufacturing, telecommunications, finance and banking, construction, transport, educational, hospitality and transport industries, where she provided one to one support and delivered mental health workshops for clients. Helen's interpersonal and delivery style has often been described by clients as professionally confident, positive, enthusiastic and fun. It is these qualities, extensive knowledge and experience that have enabled Helen to help empower and change the personal and professional lives of many individuals and organisations.

SPECIALIST SKILLS

Highly developed counselling skills utilising best practice strategies and techniques when working with adults presenting with various psychological/emotional issues impacting their work and life performance.

Critical Incident Stress Management (CISM) for work related trauma.

ADHD expertise work with adults and older teenagers with ADHD by combining therapy with the coaching process to enable clients to self-manage their symptoms.

Facilitation and construction of tailor-made workshops for organisations for better health and wellbeing of their staff.

THINKAHEAD®

We Specialise in

PSYCHOLOGICAL
SERVICES

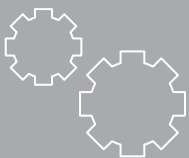
CORPORATE
TRAINING

LEADERSHIP
DEVELOPMENT &
COACHING

PERFORMANCE
& WELLBEING
PROGRAMS

CULTURE
ENHANCEMENT

CONSULTING
SERVICES



THINKAHEAD®

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Board/Trustee Experience strategic leadership and innovation combined with a solid understanding of the specific challenges in business potentially impacting the health and wellbeing of staff, and therefore productivity and bottom-line results.

Specialist Leader in policy and service development of psychological services securing improvements to infrastructure efficiency and quality assurance.

TERTIARY QUALIFICATIONS

- Bachelor of Arts Degree
- Double major in Psychology and Sociology - Monash University

POST GRADUATE DEGREE

- Master of Psychology (Counselling) - Monash University
- Graduate Diploma in Behavioural Studies in Health Care

