

New Practice Address & Contact Details

Dr Mark Craigie

Clinical Psychologist

BSc(Hons), MPsych(Clinical), PhD

Registered Medicare Provider and Private Health Insurance Funds

Registered with Psychology Board of Australia, PSY0001579139

<p><u>Private Practice Days:</u> Weekdays 9am – 6pm.</p> <p>Standard fee: \$210 per 50 min consultation</p> <p>Practice Address: 14 Douro Place West Perth WA 6005</p>	<p><u>Contact Information</u></p> <p>Tel: 0430118023</p> <p>Fax: +61 8 6270 4414</p> <p>Email: drmarkcraigie@gmail.com</p> <p>Web: www.drmarkcraigie.com.au</p>
<p>Clinical Psychology for Adults with:</p> <ul style="list-style-type: none"> ▪ Depression, anxiety, insomnia, adjustment, or stress related disorders. ▪ Generalized anxiety disorder, panic disorder, social anxiety disorder, OCD. ▪ Self-esteem issues. ▪ Excessive rumination and worry. ▪ Managing tinnitus and its effects. ▪ Perfectionism and procrastination. ▪ Mindfulness training, ACT, and CBT for stress, pain, low self-esteem, insomnia, poor emotion regulation, bipolar disorder, and/or overall health and well-being. ▪ Building resilience and interventions for burnout and compassion fatigue. ▪ Professional development training in mindfulness and mindfulness-based cognitive therapy (MBCT). 	<p>Training and Therapeutic Orientation</p> <ul style="list-style-type: none"> ▪ Cognitive-behaviour therapy (CBT). ▪ Acceptance and commitment therapy (ACT). ▪ Mindfulness-based cognitive therapy (MBCT) and metacognitive therapy (MCT). ▪ Eye movement desensitisation and reprocessing (EMDR). ▪ Interpersonal, psychodynamic, emotion-focused, and schema-based approaches inform my therapy planning and process.

Please note: I do not accept referrals if the primary presenting concern is substance abuse and dependence, psychosis, domestic violence, or child custody legal disputes. Please refer these clients to the relevant specialist service.

Biography

Dr Mark Craigie completed his Ph.D. in Psychology and a Masters Degree in Clinical Psychology at Curtin University in 2006. His Ph.D. research involved investigating anxiety related beliefs associated with generalized anxiety disorder (GAD), and the impact of mindfulness training on GAD symptoms and such beliefs. Dr Craigie's has authored and co-authored research articles in both local and international psychology journals, and presented his research findings at conferences in Australia and overseas. His applied and theoretical interests include the nature and treatment of GAD, and how common underlying psychological processes may contribute to other mood disorders. A special area of interest is mindfulness training and its application to psychological disorders, and how it may also facilitate greater health and well-being in different populations. He is currently working in private practice, and has been a part-time consultant to the International Collaboration for Workforce Resilience, CQ University working in a research team investigating compassion fatigue in the health profession. His role on this project has been lead developer and trainer for a number of evaluations of a mindfulness-based self-care and resilience intervention to prevent compassion fatigue / burnout.

Dr Craigie has been previously employed at The Marian Centre Hospital as the Daypatient Coordinator, overseeing the Mindfulness-based Cognitive Therapy and Cognitive-Behaviour Therapy treatment programs for adults with mood and anxiety disorders. He was instrumental in designing and delivering a 2-week intensive CBT program for outpatients. He has also worked as a research psychologist with the Child and Adolescent Mental Health Service and the Centre for Clinical Interventions.

Publications

Craigie, M. A., Slatyer, S., Hegney, D., Osseiran-Moisson, R., Gentry, E., et al. (2016). A pilot evaluation of a mindful self-care and resiliency (MSCR) intervention for nurses. *Mindfulness*, doi: 10.1007/s12671-016-0516-x.

Craigie, M., Osseiran-Moisson, R., Hemsworth, D., Aoun, S., Francis, K., Brown, J., & Rees, C. (2015). The Influence of Trait-Negative Affect and Compassion Satisfaction on Compassion Fatigue in Australian Nurses. *Psychological Trauma: Theory, Research, Practice, and Policy*, <http://dx.doi.org/10.1037/tra0000050>

Hegney, D., **Craigie, M.**, Hemsworth, D., Osseiran-Moisson, R., Aoun, S., Francis, K., Drury, V. Compassion Satisfaction, Compassion Fatigue, Anxiety, Depression and Stress in registered nurses in Australia: Phase 1 results. *Journal of Nursing Management*. Accepted 2nd July, 2013.

Drury, V., **Craigie, M.**, Francis, K., Aoun, S., Hegney, D. Compassion Satisfaction, Compassion Fatigue, Anxiety, Depression and Stress in registered nurses in Australia: Phase 2 results. *Journal of Nursing Management*. Accepted 18th July 2013

Craigie, M. (2013). Modified format mindfulness-based cognitive therapy in a routine mental health setting: Initial treatment completer outcomes for a heterogeneous sample of adult outpatients. Paper presented at Mindfulness Science and Practice Conference, Melbourne, Australia, 28 February, 1-2 March 2013.

Craigie, M. & Nathan, P. (2009). A non-randomized effectiveness comparison of broad-spectrum group CBT to individual CBT for depressed outpatients in a community mental health setting. *Behavior Therapy*, *40*, 302-314.

Craigie, M. A., Rees, C., Marsh, A., & Nathan, P. (2008). Mindfulness-based cognitive therapy for generalized anxiety disorder: A preliminary evaluation. *Behavioural and Cognitive Psychotherapy*, *36*, 53-568.

Craigie, M. A., Saulsman, L. M., & Lampard, A. M. (2007). MCMI-III personality complexity and depression treatment outcome following group-based cognitive-behavioural therapy. *Journal of Clinical Psychology*, *63* (12), 1153-1170.

Ree, M. & **Craigie, M.** (2007). Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients. *Behaviour Change*, *24* (2), 70-86.

Craigie, M. (2006). *A comparison of cognitive constructs associated with generalized anxiety disorder and the impact of mindfulness training*. Unpublished PhD Dissertation, Curtin University, Perth, Australia.

Craigie, M., Rees, C., Marsh, A., & Nathan, P. (2005). Mindfulness training for generalized anxiety disorder: Investigating changes in perceived control, fear of emotions, and intolerance of uncertainty. Paper presented at the European Association for Behaviour and Cognitive Therapy 35th Annual Conference, Thessaloniki Greece.

Craigie, M., Rees, C., & Marsh, A. (2005). The relative contributions of fear of emotions, perceived control, and intolerance of uncertainty in the prediction of pathological worry. Paper presented at the AACBT 28th National Conference, Melbourne Australia.

Nathan, P., **Craigie, M.**, & McEvoy, P. (2005). Individual versus group CBT therapy for affective and anxiety disorders: A benchmarking study. Paper presented at the AACBT 28th National Conference, Melbourne Australia.