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BSW (Charles Darwin University)

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AASW Accredited Mental Health Social Worker-663231 (IMPN:1782841L)



About Me

Hello and Welcome

This is Sayem - I am a credentialed mental health social worker accredited by the Australian Association of Social Workers (AASW-663231), with 8 years of professional experience supporting individuals on their mental health and personal growth journeys. My expertise includes helping clients navigate challenges such as stress, anxiety, depression, low mood, relationship issues, parenting concerns, emotional regulation difficulties, and career transitions. In particular-I have special interest to work with children and young peoples (5 years and above) to help them to recover from past trauma and support their healing and growths to reach their full potentials through developmental trauma focussed assessment and support.

In our work together, I can also provide support for enhancing motivation, self-esteem, and confidence, addressing conflict resolution, and coping with life changes. I employ trauma informed & culturally sensitive-evidence-based strategies such as behavioural activation, activity scheduling, sleep hygiene, mindfulness-based stress reduction, relaxation techniques, and interpersonal therapy to promote well-being. Additionally, I assist individuals struggling with substance or alcohol misuse, offering relapse prevention strategies to support long-term recovery.

I believe that you are the expert of your own story, and I see my role as helping you leverage your unique strengths to overcome challenges and create the life you desire. Taking the first step toward change requires courage, and I am here to support and empower you on this transformative journey.

Through positive listening, a strong therapeutic alliance, and collaborative planning, we will work together to develop actionable strategies that address your current concerns and help you move toward a more meaningful and fulfilling life.

I look forward to supporting you on this path.

Professional experience:

8 years in practice

Stress, Anxiety, Relationship's difficulties, Anger management, Conflict resolutions, Self-esteem, Motivation, Career difficulties, Depression, Developmental Trauma and Parenting support.

Additional areas of focus:

Abandonment, Adoption and foster care, Antisocial personality, Attachment issue, Avoidant personality, Body image, Caregiver issues and stress, Chronic pain, illness and disability, Co-morbidity, Co-dependency, Commitment issues, Communication problems, Control issues, Coping with natural or human-caused disaster, Dependent personality, Disruptive Mood Dysregulation Disorder (DMDD), Dissociation, Drug and alcohol addiction, Eating and food-related issues, Emptiness, Family of origin issues, Family problems, Fatherhood issues, Forgiveness, Gender dysphoria, Guilt and shame, Hoarding, Immigration issues, Impulsivity, Infidelity, Intellectual disability, Isolation / Loneliness, Jealousy, Life purpose, Men's issues, Midlife crisis, Money and financial issues, Mood disorders, Multicultural concerns, Narcissism, Obsessions, compulsions, and OCD, Panic disorder and panic attacks, Paranoia, Personality disorders, Phobias, Post-traumatic stress, Process addiction (porn, exercise, gambling), Seasonal Affective Disorder (SAD), Self-harm, Self-love, Sex addiction, Sexual assault and abuse, Sexuality, Smoking / vaping cessation, Social anxiety and phobia, Workplace issues, Young adult issues.

Clinical approaches: Acceptance and Commitment Therapy (ACT), Attachment-Based Therapy, Client-Centred Therapy, Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Emotionally Focused Therapy (EFT), Existential Therapy, Mindfulness Therapy, Motivational Interviewing, Narrative Therapy, Psychodynamic Therapy, Solution-Focused Therapy, Somatic Therapy, Trauma-Focused Therapy, Internal Family Systems, Systemic Therapy, Change Theory Based Therapy etc.