

Kate Blundell BPsychSc (Hons) MPsych (Clin)
Clinical Psychologist, The Mind Clinic;
Chief Psychologist & Co-Founder, My Mirror, SYDNEY

Ms Kate Blundell is a Clinical Psychologist at The Mind Clinic in Sydney and the Chief Psychologist and Co-Founder of My Mirror, an online psychology service aimed at increasing access for all Australians to affordable, effective and convenient therapy for mental health concerns.

In 2012, Ms Blundell graduated from the University of New South Wales with a Bachelor of Psychological Science, before completing a Graduate Certificate of Career Education and Development at RMIT University in Melbourne in 2014. She went on to complete her Master of Clinical Psychology at Macquarie University in Sydney in 2016, during which time she was awarded the *Doctor John Franklin Prize for the Master of Clinical Psychology* and the *Vice-Chancellor's Commendation of Academic Excellence* award.



Until 2018, Ms Blundell acted as a Senior Research Officer in the Centre for Emotional Health at Macquarie University, where she gained particular interest in stepped care and e-mental health.

She has experience practicing as a Clinical Psychologist in a variety of settings, including telehealth, face-to-face private practice, research, hospitals and schools.

Throughout her education and career, Ms Blundell has contributed to peer-reviewed studies, published in leading international psychology journals including *Psychoneuroendocrinology* and *Cognitive, Affective and Behavioural Neuroscience*.

Ms Blundell is genuinely curious about people's individual stories, what motivates them to grow and supporting them on their journey. To this end, she utilises individually tailored and evidence-based approaches and strategies to help her clients gain a better understanding of themselves and their difficulties. Ms Blundell works primarily within the Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT) frameworks, as well as mindfulness, Dialectical Behavioural Therapy (DBT), Schema Therapy and Systemic Therapy.

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