

Take Back Control and Enjoy Life Again

Bayside Psychotherapy Melbourne

Trusted Melbourne Psychotherapy, Hypnotherapy, Couples Counselling & Select Clinical Psychology

Connect With a Therapist

Conditions

Therapies

Trusted expertise and human connection. Our Compassionate therapists have years of experience helping clients navigate a range of conditions.



Addictions



Anxiety Disorders



Compulsions



Eating Disorders



Mood Disorders



Phobias



Physical Problems



Sexual Problems



Other Problems

View All Conditions

Meet Our Therapists



Adam Szmerling

Psychoanalytic Psychotherapist

20+ years' psychoanalytic expertise guiding individuals and couples through anxiety, addictions, and relationship struggles to lasting calm.

Psychoanalytic Psychotherapy Couples Counselling

Fees: \$200 per 50-min session (Individuals & Couples)

Can help with: Anxiety, Addictions & Couples Counselling

Available: Online In-Clinic

Adam's Profile

Connect With Adam



Carolina Rosa

Counsellor & Hypnotherapist

Featured on House of Wellness, helping people overcome anxiety and self-doubt with lived experience and tools for lasting change.

Hypnotherapy Counselling

Fees: \$170 per 50-min session

Can help with: Anxiety, Addictions, Phobia, Physical Problems, Compulsion & more...

Available: Online In-Clinic

Carolina's Profile

Connect With Carolina

Why Choose Us?



Trusted Expertise

- Qualified clinical psychotherapist & hypnotherapists
- Holistic East-West approach for lasting change



Flexible Access

- Online or in-person (Melbourne)
- Day, evening & weekend availability
- Highest clinic with ample parking



Safe & Confidential

- Address conscious & subconscious issues for lasting change
- Tailored to your genuine, long-term goals



Client-Centred Results

- Fully confidential, non-judgmental care
- LGBTQIA+ friendly, respectful of all identities

Featured on Channel 7's House of Wellness



Also Featured on:



Find your Therapist

Frequently Asked Questions

+ What if I'm nervous about starting therapy?

+ What should I expect in my first session?

+ How much does therapy cost?

+ What is a psychotherapist?

+ What's the difference between counselling, hypnotherapy, psychology and psychotherapy?

+ Is online therapy as effective as in-person?

+ Do you offer couples counselling?

+ How regularly will I see my counsellor, hypnotherapist or psychotherapist?

+ How long does a typical therapy session last?

+ Do you work with NDIS funded clients?

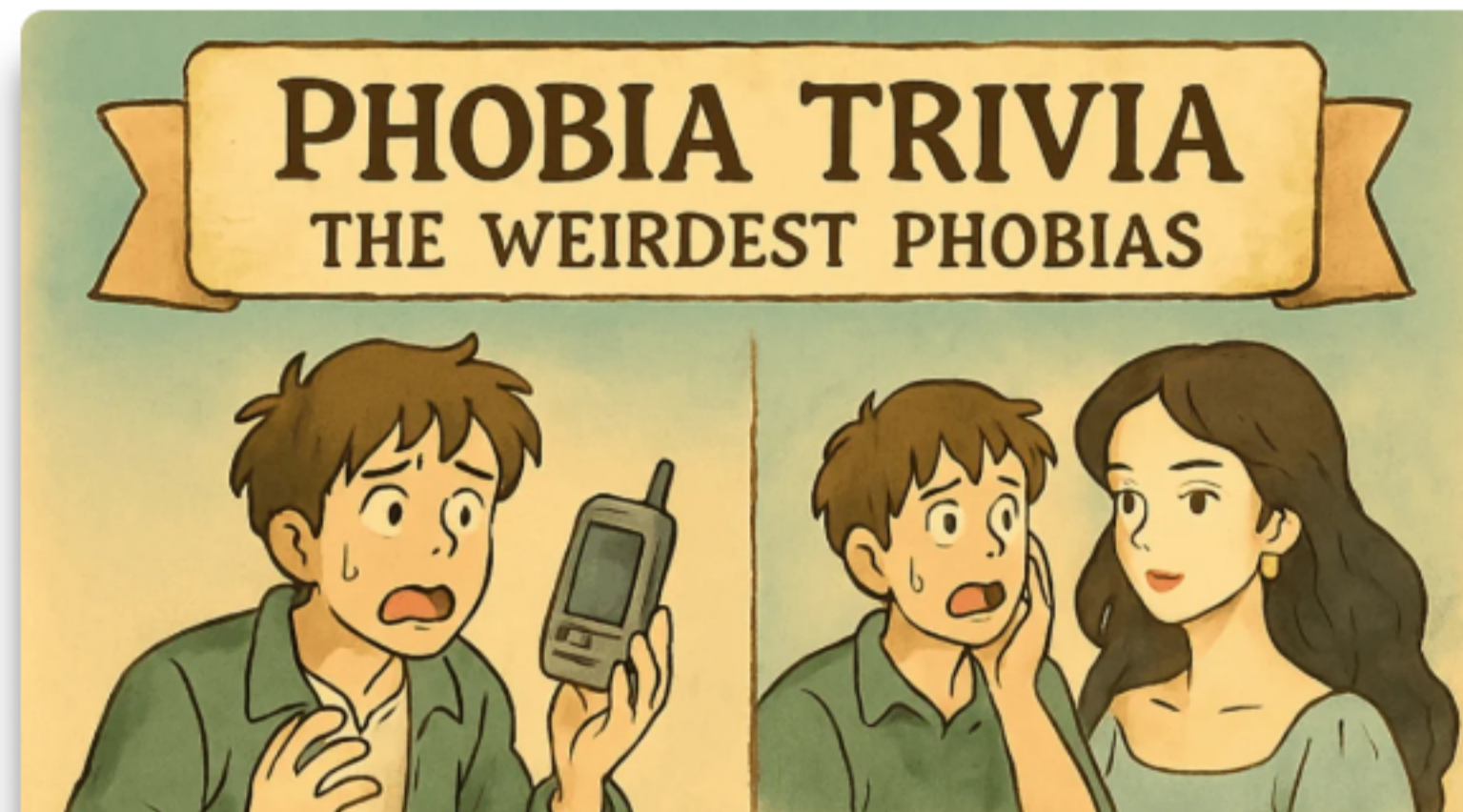
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At Bayside Psychotherapy we are passionate about mental health and like many fellow Melbournians, many on our team are avid AFL fans. So when two of our passions align, its time...

Time to start therapy?

Email Us

First Name*

Phone (We'll call you back)

Email*

How can we help?*

SEND MESSAGE

Call Us

03 9557 9113

Reception Phone Hours

Monday	8:30am to 5:30pm
Tuesday	8:30am to 5:30pm
Wednesday	8:30am to 5:30pm
Thursday	8:30am to 5:30pm
Friday	8:30am to 5:30pm

Book Online

Choose your own date and time for an online or in-clinic session

Reception Phone Hours

Monday	8:00am to 8:00pm
Tuesday	8:30am to 8:00pm
Wednesday	8:30am to 8:00pm
Thursday	8:30am to 8:00pm
Friday	8:30am to 8:00pm
Saturday	8:30am to 6:00pm