

Staying Well in the Law: Sleep Hygiene for Sleeping Well  
Wednesday 12 September 2024 – 12.30pm – 1.30pm



## Matthew Stanton

### Director and Founder, LifeMatters

Matthew is a founding director of LifeMatters Psychologists and a Principal Clinical Psychologist with over 25 years of experience. Matthew has gained clinical and consulting experience in private and public settings, including community specialist mental health teams and within adult and adolescent intensive psychiatry hospital units and the delivery of corporate and federally funded mental health programs.

Matthew is skilled in psychological assessment and treatment of mental illnesses such as anxiety, depression, trauma, psychosis, adjustment disorder and pain syndromes. He has researched the effects of Sleep Deprivation, written essays on the negative effects of shift work related sleep deprivation, as well as developing a comprehensive psychological treatment programme "Sleep Well" for treating insomnia.

Matthew is active in developing himself professionally and training psychologists to help them discover their own professional capabilities. He has been a group facilitator for The Black Dog Institute training psychologists and building awareness of mental illness in the workplace. He particularly likes educating corporate groups around various aspects of emotional wellbeing, resilience building and mental health management in an engaging and relatable way.

Matthew loves to 'innovate and build' mental well being services and has a passion for empowering organisations with psychological health program solutions.



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