

Staying well in the law: Healthy Relationships – Healthy life

Wednesday 20 November 2024 – 12.30pm – 1.30pm



David Fox

Psychologist, Fox Psychology

David Fox is a psychologist who deeply cares about his work with couples and individuals. He prides himself on his ability to quickly establish rapport and connection in a friendly, warm and secure environment.

He sees providing “unconditional positive regard” for his clients as critical to ensure that no-one who comes seeking support will feel judged in any way. David often finds it amusing that many of his clients refer to him as “Dr. Fox” even though he hasn’t quite gotten around to doing his Ph.D....yet!

With over twenty-four years of experience in working with individuals and over thirteen years working with couples, David brings a broad range of experience and tools to his work and sees himself as an eclectic psychologist – meaning he will bring in whatever technique he feels will be useful for the individual or couple.

Special interests and experience include: conflict & communication issues, gridlocks, emotional control and regulation, infidelity, relationship confusion, addictions (gambling, porn, alcohol and drug), sex and intimacy issues as well as anxiety and depression.

In a past life, David worked in the corporate world in the field of organisational psychology and human resources and so understands the issues and stressors that come with needing to earn a living, finding or changing careers and dealing with all manner of workplace-related issues.

David is well-versed in common issues such as confidence/self-esteem at work, career choice, personality related workplace challenges and the use of psychometric assessments such as the Myers-Briggs Personality Type Indicator (the original introversion/extroversion personality tool) to help individuals and teams understand themselves better and thrive.

David’s methods of therapy include Cognitive Behaviour Therapy, Gottman Therapy as well as Schema Therapy.



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