



## 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.

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.

