

Dr Mary Emeleus

FRANZCP, FRACGP Grad Dip Rural, MBBS
BSc (Med), MMH (Psychotherapy), FASPM



Dr Mary Emeleus FRANZCP, FRACGP Grad Dip Rural, MBBS BSc (Med), MMH (Psychotherapy), FASPM
is a General Adult Psychiatrist.

Dr Emeleus completed medical studies at UNSW in Sydney in 1996. After her internship in the Illawarra, she moved to Far North Queensland, where she trained as a GP. While working as a GP in a small country town, she completed a Master's Degree in Mental Health (Psychotherapy) through the University of Queensland in 2004. She has provided psychotherapy to many people and received further training and supervision in several approaches. She has recently completed an Advanced Diploma in Family and Systemic Therapy.

Dr Emeleus has worked in youth mental health at headspace sites in Townsville and Cairns. She has taught mental health skills to health professionals through the Australian Society for Psychological Medicine and James Cook University. She commenced psychiatry training in 2017, working in Cairns, Cape York, the Gold Coast, and Currumbin Clinic (where she completed her training). Her GP experience and psychiatry training included working with Aboriginal and Torres Strait Islander people and rural communities. She remains connected to these areas of practice through outreach clinics and telepsychiatry.

Dr Emeleus views problems through a holistic lens and aims to support people to find (or reconnect with) knowledge, skills, and resources to support recovery, healing and personal growth. She encourages patients to consider a broad range of approaches in their recovery and prescribes lifestyle and systemic interventions, medications and psychotherapy in her practice. Dr Emeleus welcomes the participation of family members, allies and other people significant in the lives of her patients. She works collaboratively with colleagues in psychiatry, general practice, nursing, and allied health.

Areas of interest:

- General Adult Psychiatry
- Psychotherapy (including family and systemic)
- Youth Psychiatry
- Lifestyle Psychiatry
- Social and emotional wellbeing
- Rural psychiatry

To arrange an appointment or referral, please contact:

Dr Emeleus' Currumbin Clinic consulting suite

T 07 5586 4950

F 07 5534 7752