

Dr Isabelle Miclette is a fully registered Clinical Psychologist and a Director of Professional Psychology. She holds a Doctorate in Clinical Psychology (Massey), BA (Hons 1st class) (Psychology), and GradDipArts (1st class) (Psychology).

Isabelle is passionate about helping people live the best possible life through the development of insight and practical strategies to cope with current and future challenges. She uses a combination of evidence-based strategies aimed at reducing distress and improving quality of life. Integrating science, theory, and clinical experience, Isabelle works from a bio-psycho-social perspective to help people get back to living the life they value as soon as possible.

Isabelle has experience working with adolescents, adults and older adults in both individual and group settings. Her doctoral thesis involved the development, implementation and evaluation of a group intervention aimed at reducing loneliness to increase the well-being of older people.

As well as her commitments to her private practice, Isabelle works for the Auckland District Health Board in adult mental health. Originally from Québec, Canada, Isabelle is fluent in French and English languages, and has a basic comprehension of Spanish.

Isabelle is registered with the New Zealand Psychologists Registration Board, holds the HPCA Act Clinical Scope of Practice, and has a current annual practicing certificate. She is a full member of the New Zealand Psychological Society (MNZPsS), and an affiliate member of Aotearoa New Zealand Association for Cognitive Behavioural Therapy (ANZACBT), Australian Association of Cognitive-Behavioural Therapy (AACBT), and The International Institute for Reminiscence and Life Review (IIRLR).