

AXIS PSYCHOLOGIST

JESS WOORDARD

Healthcare Made Easy

Axis exists to make real differences to the health and capability of people and communities.

We help large to small organisations, and individuals across Australia become healthier, happier and more productive by elevating their human potential.



Jess Woodward
Psychologist

BPsySc, GradDipPsy (Adv), AAPi member

Jess is a registered psychologist with experience supporting children, adolescents, adults, families, and caregivers across a range of settings. She has a special interest in neurodivergence, mental health, disabilities, trauma, and personal wellbeing. Jess is passionate about empowering individuals through client-driven, trauma-informed care using CBT, DBT, ACT, Somatic and Mindfulness-based techniques.

CONTACT AXIS TODAY

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