



Dr Pamela Gao

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Psychiatry

MBBS, FRANZCP, MPH

Dr. Gao is a consultant psychiatrist trained locally in general adult psychiatry. However, her experience and expertise extend beyond adult mental health. She has extensive experience in treating older adults and adolescents over the age of 16. She adopts a holistic manner in helping consumers in their recovery journey. As a modern psychiatrist, she employs evidence-based techniques in her dynamic psychiatric practice to ensure both efficacy and safety.

To maximise consumers' chances of recovery, Dr Gao also emphasises the formation of a therapeutic alliance with her clients through empathetic, mutually respectful and individualised approaches. She has worked in multiple states across Australia including NSW, Tasmania, Queensland and South Australia as a senior medical officer/visiting medical officer, used her skills and flexibility in serving people with mental health illnesses from diverse cultural backgrounds.

Dr Pamela Gao has special interests in:

- Anxiety Disorders
- Obsessive Compulsive Disorder (OCD)
- Mood Disorders
- Depression
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia and Schizoaffective Disorders
- Neurodevelopmental conditions, e.g. ADHD, Autistic Spectral disorder etc.
- Personality traits and disorders

Languages

- English
- Mandarin

For more information, please visit our website: <https://bit.ly/3JP06qr>

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