Scholar Story – Kobie Allison  
BPsych(Hons), MApPsych(Couns), DPsych(Clinic)cand. MAPS. ACPA.

Kobie has a Masters in Applied Psychology (Counselling) and is currently completing her Doctorate in Psychology (Clinical). Kobie has released a number of research publications and presented at conferences. Her special interest areas are anxiety, depression, phobias, grief and loss, school anxiety and working with families. Kobie has worked with children and adolescents since 2008 and has a passion for supporting families with anxiety. Kobie’s aim is to provide an environment of acceptance and empathy and has a gentle, supportive, client centered approach. Kobie uses a variety of techniques including Cognitive-Behavioural Therapy, Mindfulness, Psychodynamic, Solution-Focused, Narrative, Family Systems, Schema and Acceptance and Commitment Therapy.

I was awarded the Clinical Psychology Scholarship by SARRAH in 2013. At the time of receiving this scholarship I was balancing a Masters and a Doctorate whilst working three days per week as a counsellor.

This scholarship has enabled me with the necessary funds to complete the following activities, as prior to this scholarship my funds were limited:

- I had the available funds to cover editing fees, which are involved in publishing a journal article that is featured online with an accompanying interview on the following website [http://www.neuropsychotherapist.com/](http://www.neuropsychotherapist.com/).
- In July 2014 I will be travelling to Paris with my Masters supervisor to present my research at the 28th International Congress of Applied Psychology (ICAP) [http://www.icap2014.com](http://www.icap2014.com). If I did not receive the gift of the Clinical Psychology Scholarship by SARRAH I would not have the funds to be able to share my research with others clinicians.

This scholarship has helped me to survive financially and to share my work with others in the hope I assisting others.

Thank you SARRAH for this life-changing gift!

Kobie 😊