



Dr Elaine Bing

Psychologist

Special interest: Trauma

Vista Clinic
082 7846 529

I have worked with trauma my entire professional life. This has inevitably led to an interest in how trauma affects people in their lives, including in the development of mood and anxiety disorders. I like skills-based interventions; where people are taught skills for dealing with problems. I prefer to use interventions that are proven to work and am generally fairly goal-directed in my approach.

