



## Full Bio for Dr Kumari Valentine

Dr Kumari Valentine (formerly Fernando) is a Dunedin-based clinical psychologist who specialises in the field of mindfulness and overthinking.

She is a Fellow of the NZ College of Clinical Psychologists, recognised for her contribution to clinical psychology in New Zealand.

Dr Kumari is both an academic and a practicing clinician. She was a senior lecturer at Central Queensland University and holds the same position at the University of Otago in the Department of Psychological Medicine.

In her own practice, Dr Kumari works with clients on the following types of issues:

- Mood problems (especially depression)
- Anxiety problems (including chronic worry, panic attacks and obsessive compulsive disorder)
- Grief
- Relationship issues
- Eating disorders such as problem-eating and binge-eating
- Body image difficulties
- Recovery from trauma
- Improving self-esteem
- Assertiveness coaching
- Sleep difficulties
- Managing psychologically with physical illness
- Stress
- Sexual identity difficulties and transgender issues.

She works with people with an intellectual disability who may have a dual diagnosis (e.g., Autistic Spectrum Disorder, Personality Disorder, Trauma). As well, she completes risk assessments for sexual offending of people with an intellectual disability.

In her practice she uses schema therapy, acceptance-commitment therapy, mindfulness, mentalisation and meta-cognitive therapy.