Dr Madeline Wishart

PhD · MPsych(Clin) · MProfPsych · BBus(HR) · BA(Psych)(Hons) · MAPS · MAAPi

Clinical Psychologist · AHPRA-approved Supervisor

Psychologically-informed CPD, supervision, & keynote speaker

About

Dr Madeline Wishart is a Clinical Psychologist with a PhD & dual Masters in Professional & Clinical Psychology. She has a longstanding focus on nonsuicidal self-injury (NSSI), & young people navigating distress & dysregulation. Across two decades she has combined research & practice across education, community & psychiatric settings, with academic roles at Victoria University & YSAS. She has designed bespoke programs for schools & clinical teams, from a five-term series for the Diocese of Sandhurst to international work with the English Schools Foundation in Hong Kong. Through Psych Voice & her private practice, Wishart Psychology, she offers evidence-based, person-centred professional development, supervision & workshops that equip practitioners, schools & organisations with practical strategies for supporting young people.

Workshops & sessions

Evidence-based, skills focused professional development for staff, equipping them to build these strategies collaboratively with their students.

Stay in Your Lane

Boundary literacy that protects staff, students & school culture.

Boundaries Explored

Equipping staff to teach young people interpersonal effectiveness (DBT).

Calm in the Chaos

Distress-tolerance skills for staff to manage overwhelm and teach these skills to students.

Settling the Storm

National Education Summit Presentation

Helping staff steady students through emotional overwhelm in class.

Join Virtually on 11/11/26

The Body as a Voice

For staff: understanding & responding to NSSI in young people.

Dr Mads' Therapeutic Building Blocks

Staff skills to reduce vulnerability & improve mood.

Mindfulness for Young People

The foundational skill set, for staff to use & teach.

Scaffolding for Co-regulation

The staff role in connectedness & co-regulation.

Every topic flexes — *full-day · half-day · 90-minute · bespoke.*

Supervision

Individual & Group Supervision

For school psychologists, counsellors & mental-health practitioners: reflective, restorative & skills-focused, supporting safe, sustainable practice.

The Practice Space · **new online group series · limited numbers**

Reflexivity that grounds · Practice that strengthens · Self-care that sustains.

A collaborative space to discuss real cases, ask focused clinical questions, and explore a specific theme together. Kept small so it stays grounded, safe & genuinely useful.

Supervision is booked separately from workshops & keynotes.

Every workshop, presentation & keynote booking includes

- ✓ Pre-workshop correspondence to tailor the day to your school
- ✓ A colour PDF handout of the presentation (3 slides per page)
- ✓ A printable Tools & Resources Pack: every skill taught, ready to use with young people or your clients of any age
- ✓ For onsite workshops, Madeline brings a large range of sensory items, colouring pages & coloured markers to experiment with, applying andragogical principles to meet attendees' individual learning styles.

Book a public workshop online

Psych Voice runs all of these workshops as public, scheduled virtual events on Humanitix, so you don't need a whole school booking to attend.

Browse upcoming dates & register at **https://events.humanitix.com/host/psych-voice**

2026 public speaking

Featured public engagements; most of my work is delivered in-house, within schools and online.

JUL Catholic Secondary Principals Australia (CASPA) National Conference, Sydney
SEP Lead the Way Conference, Melbourne · The MacKillop Institute
SEP National Education Summit, Melbourne
SEP NSW Dept of Education North Coast School Counsellors Conference, Coffs Harbour
OCT The Australian Association of Psychologists (AAPi) Conference

Want your Settling the Storm: Distress Tolerance Skills for Moments of Emotional Overwhelm in the Classroom Mini Tools & Resources Pack?

Scan to subscribe & receive your PDF

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