



Alexander Hogg

Accredited Mental Health Social Worker |
EMDR Therapist | Child and Youth Mental
Health Specialist

Qualifications

- Bachelor of Psychology
- Master of Social Worker
- Qualified EMDR Practitioner Level 1 and 2
- Membership with the Australian
- Association of Social Workers
- Membership with Mental Health Academy
- Membership and Accreditation with EMDRA
- Professional Certificate Internal Family
- Therapist level 2 (Dr Richard Schwartz)
- NDIS Registered Specialist Behaviour Practitioner
- Ongoing Registration as an Accredited Social Worker

Experience

Alexander J. Hogg is an Accredited Mental Health Social Worker (AASW) with extensive experience in trauma-focused therapy, specialising in Eye Movement Desensitisation and Reprocessing (EMDR). He provides neurodiversity-affirming, evidence-based interventions to support individuals experiencing complex trauma, PTSD, anxiety, eating disorders, and other mental health challenges.

With over a decade of experience in both public and private mental health settings, Alexander has worked in Child and Youth Mental Health Services (CYMHS), Evolve Therapeutic Services, and crisis intervention teams. He has a deep understanding of the complexities of eating disorders, including anorexia, bulimia, binge eating disorder (BED), and avoidant/restrictive food intake disorder (ARFID). His therapeutic approach is tailored to support individuals struggling with disordered eating behaviours, body image concerns, and the underlying emotional distress associated with these conditions.

Alexander integrates EMDR, and trauma-informed interventions into his practice. His approach is holistic, compassionate, and client-centred, ensuring that therapy is tailored to the individual's needs, neurotype, and personal goals.

As an Accredited Mental Health Social Worker, Alexander meets the highest professional and ethical standards set by the Australian Association of Social Workers (AASW). He continuously updates his practice with the latest research in trauma, neurodiversity, and mental health to ensure his clients receive the best possible care.

Special Interests & Areas of Expertise:

- ✓ Trauma & PTSD (including childhood trauma)
- ✓ Eating Disorders & Body Image Concerns
- ✓ Autism, ADHD & Neurodivergent-Affirming Therapy
- ✓ EMDR Therapy for Trauma Processing
- ✓ Anxiety, Depression & Emotional Dysregulation
- ✓ Crisis Intervention & Risk Assessment