



PSYCHOLOGY & COUNSELLING  
Redefining Futures

# Psychologist

NSW Telehealth and Port Macquarie

EMDR & Sand Tray Therapy

by  
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**Defining Minds Psychology and Counselling**

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## Girl Talk: Supporting Mental Health in Adolescent Girls (Ages 13–18)

### How to Identify the Challenge

Between the ages of 13 and 18, girls are navigating a complex blend of physical, emotional, social, and cognitive changes. It's a time of identity formation, increasing independence, and emotional intensity. While some ups and downs are part of the journey, ongoing distress or significant shifts in behavior may indicate that deeper mental health challenges are present.

### Common Symptoms or Signs

- Persistent sadness, low mood, or irritability
- Withdrawal from family, social events, or friendships
- Loss of interest in activities once enjoyed
- Constant worry or overthinking—often about school, appearance, or social acceptance
- Sleep issues (too much or too little) or appetite changes
- Self-harm, risky behavior, or talk of hopelessness
- Academic decline or inability to focus
- Heightened sensitivity to peer rejection or criticism
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### Potential Impacts on Daily Life

Untreated emotional struggles during adolescence can interfere with schooling, social connection, and self-esteem. Girls may begin to internalize their distress, which can evolve into anxiety, depression, disordered eating, or perfectionistic tendencies. Without the right support, they may feel isolated, misunderstood, or overwhelmed—especially in a digital world that often amplifies pressure and comparison.

### How Professional Psychological Support Can Help

Psychologists provide a safe, confidential space where teen girls can explore their emotions, experiences, and identity without fear of judgment. Using age-appropriate approaches such as Cognitive Behavioural Therapy (CBT), somatic techniques, EMDR, and creative therapies like sand tray work, therapy can help girls:

- Understand and name their emotions
- Learn emotional regulation and coping strategies
- Build self-worth and confidence
- Navigate social and academic stressors
- Heal from trauma, bullying, or relational ruptures

Support during these formative years can help teen girls move from overwhelm to empowerment—laying a healthy foundation for womanhood.

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