



DBT Solutions

At The Psychological Health Centre

Meet Our Team

Jo Gorrell, Director / Clinical Psychologist



Jo is a clinical psychologist with over 30 years of experience and a Director of The Psychological Health Centre. Jo attended the Intensive DBT10-day training as part of The Psychological Health Centre team in 2019 and has had an active role as an individual therapist and group skills trainer for the past 5 years.

Jo is passionate about ensuring that DBT is delivered in an effective and adherent treatment pathway. Jo brings her extensive knowledge and experience with trauma, dissociation and psychosis to her work with DBT.

Michelle Meyer, Director / Occupational Therapist



Michelle is a mental health occupational therapist whose primary area of interest has been providing Dialectical Behaviour Therapy for the past 28 years. Michelle has worked as a skills trainer, individual therapist and team leader with DBT in settings such as community mental health, private practice, women's services, private hospital inpatient units and day programs. Michelle has also provided training and consultation to teams looking to implement DBT in these settings.

Michelle has been coordinating the comprehensive DBT program since 2019 and is our DBT Solutions Team Leader as well as a Director of the Psychological Health Centre. She completed the Intensive DBT Training with Behavioural Tech in 2000 and updated by attending the Intensive DBT Training again in 2020 with the team from The Psychological Health Centre.

Sylvina Borda, Psychologist



Sylvi is a registered psychologist with 5 years experience. Sylvi began her DBT training in 2019 and completed the Foundation Training through Behavior Tech in 2021. Sylvi has had the opportunity to work with young people using DBT and co-leading skills training groups in her role with the YES program.

In 2021 Sylvi joined the DBT team at The Psychological Health Centre as an individual therapist and skills trainer.