

# Aurora

## Doctor Profile

### Dr Paul Henderson

MBChB, MRCPsych, FRANZCP



**Dr Paul Henderson MBChB, MRCPsych, FRANZCP** is a consultant psychiatrist with a special interest in Trauma informed Care and treatments at the frontiers of the psychiatric evidence base including medicinal Cannabis and oral Ketamine for treatment resistant depression, anxiety and PTSD. He also has extensive experience and confidence in treating all working age adult presentations, including ADHD, anxiety disorders, autism spectrum disorders, bipolar disorder, borderline personality disorder, depression, eating disorders, PTSD, psychotic disorders and substance abuse disorders if comorbid with another mental illness. Dr Henderson is happy to see patients by telehealth if necessary.

Dr Henderson completed all undergraduate and postgraduate training in the UK, achieving MRCPsych from the Royal College of Psychiatrists and subsequently completed specialist training in General Adult Psychiatry. Then practiced as a consultant psychiatrist in the NHS for 5 years prior to moving to Mackay. Before transitioning to private practice he worked as a Consultant Psychiatrist for Mackay Hospital and Health Service for 6 years, achieving Fellowship of the Royal Australian and New Zealand College of Psychiatrist in 2017. He was appointed Clinical Director of Mackay HHS Mental Health and AODS division for the final 3 years of his time with them.

Dr Henderson has a particular interest in medical education, achieving a Certificate in Medical Education from Berkshire University. As a UK consultant he was Director of Training for a scheme with 70 training posts and prior to being appointed as Clinical Director was Mackay Chief Training Supervisor for 3 years, developing the training scheme from 5 to 12 accredited training posts. Dr Henderson is interested in continuing to offer educational opportunities to both primary care colleagues as well as community organisations.

He is creating his own clinic 'Recover and Thrive Psychiatry', working in association with Mackay Private Hospital, to promote an approach to psychiatry that both supports recovery from mental illness but also promotes development of enhanced mental well-being, as both are necessary to significantly enhance the quality of peoples lives. To do so he will be practicing in a compassionate, trauma informed and integrative manner which focuses on fully understanding and valuing every persons lived experience. He will also be providing extensive educational resources to help people to best understand their current experiences, and what has led to them, to fully support a collaborative decision making process that results in individualised treatment plans.

Lastly Dr Henderson will be exploring the early adoption of ground breaking psychiatric treatments including medicinal cannabis and oral ketamine, as well as keeping a keen eye on the ongoing developments in the psychedelic treatment space.

To arrange an appointment or referral, please phone:

**Dr Henderson's Mackay Private Hospital consulting suite**

**T 07 4942 3848**

**E [referrals@recoverandthrivepsychiatry.com.au](mailto:referrals@recoverandthrivepsychiatry.com.au)**

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