

Joseph Tighe

BSc Psychology (Hons), Dip Coaching,
Cert Counselling, BSc Computing (Hons) PhD Candidate

Registered Psychologist



Introducing Joe Tighe

Joe Tighe is a registered psychologist who recently joined the team at Brisbane Waters Private Hospital, looking after inpatients and outpatients in private practice.

Joe has international experience in the private, public and voluntary sectors. He specialises in innovation, psychological interventions, group work, suicide prevention, men's health, community development, youth work, training and resource production. Joe graduated in psychology in the UK in 2006 and is now enrolled in a PhD at the University of New South Wales/Black Dog Institute.

Joe worked on the world first trial of an app for suicide prevention, the Black Dog Institute's ibobbly app and was awarded a PhD scholarship to research the effectiveness of this mobile technology.

Joe co-founded the multiple award winning Alive & Kicking Goals! suicide prevention project in 2008, in Broome WA during which time he led the project to the Australian Medical Association's leading primary healthcare award in Western Australia in 2014.

Joe is a member of the NHMRC Centre of Research Excellence in Suicide prevention and the Reachout Australia Clinical Advisory Group.

Joe's areas of interest include;

- mood disorders,
- addiction disorders
- suicide prevention,
- stigma reduction,
- the use of technology in healthcare (mHealth, eHealth)

He works with clients and takes a strengths based and values led approach to wellbeing and recovery.

For direct outpatient referrals, please call (02) 4343 0265 or fax referrals through to (02) 4342 7164. Alternatively emails can be sent to centralcoastclinic@healthcare.com.au.