



CQ Psych Services

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PRACTICE INFORMATION

Psychologists

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BPsych (Hons), PhD (Clin Psych), MAPS

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Provisional Psychologists

Nina Galletta
BPsychSc, GradDipPsych, MAAPi

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BCHC, ACA

Capacity Building Clinicians

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BLearnMgmt (Prim), QCT

Client Relationship Team

Jessica Butler – *Business/Practice Manager*
Diane Furno – *Administration Officer*
Kate Turnbull – *Administration Officer*
Emma Perrin – *Administration Officer*
Emily Humphrey – *Promotions & Business Assistant*

Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

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Facebook & Website

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DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 7, Issue 3 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

Recently we attended Calliope State High School for their Mental Health Week. It was a pleasure bringing awareness for Mental Health and providing valuable resources for the students and staff to utilise.

We are excited to have gifted a Mental Health Hamper to a lucky member of our community as part of our Mental Health Month promotion during October. We thank everyone who took the time to enter this competition.

I'm also pleased to share that CQ Psych Services has invested in the assessment tools and comprehensive training required to screen for and diagnosis Specific Learning Disorders. We are currently taking assessment bookings for early 2026.

As 2025 quickly comes to an end, we hope you take some time to enjoy the festive season. Our team will be having a lovely break and look forward to our continued collaboration in 2026.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes an excerpt from the blog "*The Cost of Fitting In: Understanding Neurodivergent Masking in Women*" and information around our Christmas Closure period. I hope you enjoy this issue.

Please contact the office if you would like to arrange an appointment and as always, we welcome all questions, queries and feedback. Simply email us at admin@cqpsychservices.com.au

Keep an eye out on our Web, Facebook and Instagram pages as we continue to develop these sites.

Until next time...

Suzie Humphrey

Director & Principal Psychologist
BPsych (Hons), MForMentH, MAPS

THE COST OF FITTING IN: UNDERSTANDING NEURODIVERGENT MASKING IN WOMEN

Many women spend years of their lives feeling misunderstood or just plain exhausted by the effort of keeping up with what everyone else seems to do so easily. These women often come into therapy feeling anxious, depressed, or simply “too sensitive.” While those struggles are real, there is sometimes something deeper going on beneath the surface: neurodivergence that has gone undiagnosed – sometimes for decades.

So, what exactly is neurodivergence?

Neurodivergence refers to brain differences that affect how someone thinks, processes information, interacts socially, or regulates emotions. This includes autism, ADHD, dyslexia, and others.

In recent years, there is increasing recognition that women and girls are significantly more likely to receive a diagnosis later in life – if they are diagnosed at all. This delay isn’t because neurodivergence is less common in women, but because it often looks different. A major reason for this is something called masking or camouflaging.

Masking refers to the conscious or unconscious suppression of one’s natural behaviours in order to fit in socially. For neurodivergent women, this can mean forcing eye contact even when it feels uncomfortable, mimicking others’ social cues, rehearsing conversations ahead of time, or even suppressing their special interests to avoid seeming “different.”

Camouflaging is not just hiding who you are – it’s actively constructing a persona that feels more “acceptable” to others. It’s smiling through sensory overload, laughing at the right times even if you don’t understand the joke, or constantly monitoring your tone and expressions to avoid judgment.

At first glance, these behaviours might seem like social skills, but over time, masking becomes exhausting. It can lead to chronic anxiety, burnout, identity confusion, and even depression. These women are often successful and outwardly composed – which makes it even harder for others (and themselves) to recognise that they’re struggling. Many women describe a sense of “not knowing who they really are” because they’ve spent so long trying to be who they thought they *should* be.

From a gender-informed lens, women are socialised from a young age to be accommodating, to please others, and to blend in. Combine that with the invisible labour of masking, and it’s no wonder that many don’t come to understand their neurodivergence until

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adulthood – often after their child is diagnosed or following a mental health crisis.

If you suspect this might apply to you or someone you care about, please know you are not broken and you are not alone. There’s power in understanding your brain and your needs. Masking may have helped you survive, but you don’t have to stay hidden forever.

View our website for a full copy of the blog:
<https://cqpsychservices.com.au/2025/06/06/the-cost-of-fitting-in-understanding-neurodivergent-masking-in-women/>

- Nina Galletta



CHRISTMAS CLOSURE

The team at CQ Psych Services wish the community a safe and joyous festive season. Should you need to seek support during this time, please see below a list of crisis contact numbers.

Emergency – 000

Lifeline Australia – 13 11 14

Kids Helpline – 1800 55 1800

BeyondBlue – 1300 22 4636

SANE Australia – 1800 187 263

Relationships Australia – 1300 364 277

Suicide Call Back Service – 1300 769 814

You can contact us to get further information or enquire about an appointment by emailing us at admin@cqpsychservices.com.au, contacting our friendly Administration Team on (07) 4972 6929 or submitting an online enquiry form on our website: <https://cqpsychservices.com.au/>