



## Psychiatrist Profile

# Dr Ben Allard

MBBS, FRANZCP and BA

### Areas of Interest

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- Anxiety Disorders
- Depression Disorders
- General Adult Psychiatry
- Post Traumatic Stress Disorder
- Personality Disorders
- Police, Emergency Services and Military

### Client groups

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- Adults

### Languages

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- English

### Telehealth

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Not available

### Professional background

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Dr Ben Allard is a consultant psychiatrist at South Coast Private Hospital.

As well as being a general adult psychiatrist, with experience in treating mood, anxiety, ADHD and trauma related conditions, Dr Ben Allard has a special interest in Integrative therapeutic approaches including evidence based nutritional, meditative and lifestyle interventions.

He has a recovery-based practice that encourages patients making informed choices for themselves. In his spare time, he enjoys playing music with friends, and spending time outdoors, and with animals.

### Clinic locations

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Dr Allard is available for consultations at South Coast Private Hospital's co-located psychiatry private practice.

### Referral and appointments

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