

Dr Sarah Edelman

Clinical Psychologist



Dr Sarah Edelman is a clinical psychologist, author and trainer. She has worked in psychology for over 30 years, originally as researcher and lecturer at the University of Technology Sydney and subsequently in private practice.

Sarah ran the popular CBT self-help program “Change Your Thinking”, at Sydney University Centre for Continuing Education for over 20 years, and has been facilitating programs for the Black Dog institute since 2006.

She now works in private practice, and continues to conduct training for mental health professionals, government and business organisations. She has published many articles in professional and mainstream journals, and has been a frequent guest on ABC radio over the last 20 years. She has authored three books, including ‘Change your Thinking’, which is a best seller in the self-help genre.



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