

Experience you can trust

Michelle Hookham

Owner/Director of Health Dynamis Pty Ltd
Program Manager of the Psychosocial Wellbeing Program

01 – Qualifications

PhD Candidate – University of Sydney
Psychosocial wellbeing & disaster recovery in the Hawkesbury

Master of Mental Health Nursing

Licentiate of Homeopathy
London College of Classical Homeopathy

Diploma of Applied Science – Nursing

02 – Professional Leadership

Past National President
Australian Homeopathic Association

Past Chairperson
International Council for Homeopathy

Past Support Group Manager
The Network, for people bereaved by suicide

Past Project Manager

- SoDa (Social & Dance events)
- Be & Co (community cafe)

03 – Credentials

Medicare Provider Number: 5401301H

AHPRA: NMW0001291798

Credentialed Mental Health Nurse (CMHN) Number: 2171

ARoH Registered Homeopath
mAHA; mACMHN



“4 days after I saw Michelle, I felt like I was reborn. I have never experienced anything like it. Even on the first night after I took the remedy, I slept through like a baby. No waking up, no bad thoughts, no fear and no feeling of suffocation. It has been almost a year since I took my remedy and none of the symptoms have returned. Michelle, thank you for giving me my life back.”

Reach out today

@ Email
health@michellehookham.com.au

Website
www.michellehookham.com.au

Phone
61 423 162 001

NSW

Old Hawkesbury Hospital
6 Christie St
Windsor NSW 2756
02 4577 4435

ACT

The H Dispensary
6 Barker St
Griffith ACT 2603
61 2 6295 6939



To make an appointment, book in online via the website or contact Michelle directly.

Mental health referral pathways via your GP:
Medicare: GP Management Plan (Mental Health Worker)
Wentworth Healthcare (NBM PHN): Mental Health Nurse Incentive Program (MHNIP); Psychological Therapy Services (PTS)

NDIS provider: for people who are self-managed or plan-managed.

Psychosocial Wellbeing Programs

Michelle also works with families, workplaces and communities to support wellbeing, connection and recovery through periods of significant change or disruption.

Find out more → healthdynamis.com.au



Michelle Hookham

Mental Health, Counselling
& Homeopathy



Holistic healthcare
tailored to the individual



Meet Michelle

A whole-person approach to health & wellbeing

Michelle Hookham is the Owner/Director of Health Dynamis. She is an experienced health professional with a background in mental health nursing, counselling, homeopathy and senior health leadership.

She brings doctoral research expertise in psychosocial wellbeing and disaster recovery, suicide bereavement support group management, alongside extensive clinical experience supporting individuals, teams and organisations through complexity and change.

Michelle provides compassionate, trauma-informed, evidence-based support. Her approach is grounded in deep listening, with the understanding that trust, discretion and respect matter.

What clients say about Michelle:

"Has an immediate aura of calm and radiates a grounded energy, reliability and integrity...I deeply appreciate the positive impact you have had on my wellbeing, happiness and personal growth."

"Your perseverance, endless patience, lending of your ears that never tired of our feelings of sadness"



Homeopathy for Health

Have you ever thought:

"Every test shows there's nothing wrong, but I still don't feel well."

"I've tried everything & nothing has helped."

Michelle has a track record of helping people like you.

What is homeopathy?

Homeopathy is a form of traditional, complementary and integrative medicine based on natural laws, popular in many countries around the world¹. The medicines are non-toxic and safe to use at any stage of life.

Homeopathic treatment is gentle; so gentle, in fact, that clients often return to report that their symptoms have quietly resolved. Headaches have disappeared, energy has increased, quality of sleep has returned, life has improved and they simply feel better.

Tailored to you

Michelle is an experienced practitioner, educated in classical homeopathy, with advanced training in a range of contemporary methodologies. She works with people experiencing acute and chronic health conditions, particularly those with complex and ongoing challenges.

A key part of a consultation with Michelle is the time she takes to get to know you, to explore your worries and your unique expression of symptoms, including mental, physical and emotional. Her approach is holistic and treatment is tailored specifically to you.

¹ Homeopathy Research Institute (2024), Evidence Summary 2024. www.hri-research.org

Counselling & Mental Health

When life gets tough, you don't have to navigate it alone.

We all experience situations that disrupt our lives and affect our mental and emotional wellbeing. When our usual coping strategies aren't enough, the right support at the right time can be invaluable and even life-saving.

Michelle can support you with

- Natural approaches to emotional wellbeing
- Anxiety, stress & overwhelm
- Trauma, grief & loss
- Feeling unsafe, self-harm & addiction
- Diagnosed mental illness
- Mental health assessments
- Care coordination
- Support for carers

A flexible approach

Michelle takes time to help you feel relaxed and safe. She considers her role to be a facilitator, drawing on a range of therapeutic approaches to guide your exploration into what's happening, work through challenges, gain insight and find a way forward. Sessions can take place in a clinic setting or, where appropriate, through a more informal place-based approach, such as a walk-and-talk or over a coffee.

"I felt very listened to in a deep way. More than a counsellor, psychologist or psychiatrist; Michelle is a mix of them all."

