

Aurora

Doctor Profile

Dr Peter Hoffman

MBCHB, FRANZCP



Dr Peter Hoffman MBCHB, FRANZCP is a Consultant Psychiatrist who specialises in General Adult Psychiatry, Nutritional Medicine, Psychotherapy, ADHD, Anxiety, OCD, Depression, PTSD, Bipolar Disorder, Emotional Overeating, Transcultural Psychiatry and has an interest in Spiritual Practice as a modality of healing. He has a specific interest in childhood trauma/neglect and its impact upon adult attachments/relationship difficulties and an interest in Post Traumatic Stress Disorder (PTSD) as a result of child abuse, domestic violence and PTSD associated with DVA experiences.

Dr Hoffman's practice beliefs are endorsing a holistic approach combining psychotherapy and a nutritional medicine approach to managing psychological illness. He has a specific interest in the science of diet change and exercise in treating mental health difficulties, with a particular emphasis on gut-brain axis modification and epigenetics coupled with brain-based psychotherapy and rebalancing the brain. He has trained extensively in a number of psychotherapeutic methods including positive psychology (the science of happiness), long term psychodynamic psychotherapy, dialectical behaviour therapy, mindfulness based CBT, sensorimotor psychotherapy, the comprehensive resource model and the circle of security attachment based intervention.

The particular emphasis of Dr Hoffman's practice is not only on treating mental health difficulties; his focus and emphasis is on increasing subjective well being (happiness), developing post traumatic growth, establishing safe and secure attachments, and on developing to the later life stages as scientifically verified by the Harvard medical school 80 year study of a 1000 subjects.

In 1989 Dr Hoffman graduated from studies at the University of Cape Town, South Africa with MBCHB. In 2004 he obtained his fellowship in Western Australia with the Royal Australian and New Zealand College of Psychiatrists (RANZCP). Dr Hoffman started private practice in 2005 and has been with Abbotsford Psychiatry since its inception and continues to adopt an integrated approach to treating all patients.

He has been instrumental in forming an integrative psychiatrist peer review group with the RANZCP and is a member of Biobalance. Dr Hoffman enjoys strength training, gardening/permaculture and bushwalking, and has an interest in genealogy. He served in the military for eight years.

Areas of interest:

- Anxiety
- ADHD
- Bipolar Disorder
- Depression
- General Adult Psychiatry
- PTSD
- Telepsychiatry
- Nutritional Medicine
- Psychotherapy
- Emotional Overeating
- Attachment Disorders
- OCD
- DVA Referrals

To arrange an appointment or referral, please phone:

Dr Hoffman's Abbotsford Private Hospital consulting suite

T 9381 5755

F 9381 5442

Abbotsford
Private Hospital
Aurora

61/69 Cambridge Street, West Leederville WA 6007
abbotsfordprivate.com.au