



Dr Peter
Hoffman

Dr Peter Hoffman MBCHB, FRANZCP is a Consultant Psychiatrist who specialises in General Adult Psychiatry, Nutritional Medicine, Psychotherapy, Anxiety, Depression, PTSD, Bipolar Disorder, Emotional Overeating, Medico Legal Assessments, 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, bullying 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 nutritional medicine 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 long term psychodynamic psychotherapy, dialectical behaviour therapy, mindfulness based CBT, sensorimotor psychotherapy, the comprehensive resource model and the circle of security attachment based intervention.

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, yoga and bushwalking, and has an interest in genealogy. He served in the military for eight years.

To arrange an appointment of referral, please contact Dr Hoffman's Abbotsford Psychiatry consulting suite by calling 9381 5755 or faxing 9381 5442.

Abbotsford Private Hospital