



ABOUT CHRIS

Chris is a clinical and counselling psychologist and a Fellow of *The Australian Psychological Society*. He is a strong proponent of positive psychology, which is consistent with his mission to help people transform psychological problems into personal growth. He has over 40 years' psychotherapy experience in both the public and private mental health sectors. He has worked as Senior Clinical Psychologist at both the *Geelong Hospital* and the *Heidelberg Repatriation Hospital*. For the past 25 years he has been principal psychologist in his own private practice in Geelong, *Chris Mackey and Associates*.

In 2019 Chris released his latest book, *The Positive Psychology of Synchronicity: Enhance Your Mental Health with the Power of Coincidence*, which was published by Watkins Publishing, who are one of the leading voices in the world on spirituality, self-help, wellbeing and new thought. He is also resident psychologist on Channel 9's wellbeing show, *Destination Happiness*. Chris also writes a monthly newspaper column in *The Geelong Advertiser* and has a regular radio segment called *Talking Synchronicity* on 93.9 Bay FM Geelong.

Chris went through a severe depression in 1990 and took six months off work. He made a full recovery and has never suffered from anything like this since. He has talked about his experience with depression and how he came through it in many newspaper articles and has written two central chapters about this period in his book. He feels as though this experience has greatly enhanced his clinical work. It helps Chris to gain the trust of severely depressed and suicidal clients as this is something he understands first-hand.

Chris has presented at numerous scientific conferences both in Australian and internationally on various topics such as psychological trauma, the use of psychological therapy for anxiety and depression and the use of synchronicity in psychotherapy. He was also on the local scientific committee for the 2016 *World Congress of Behavioural and Cognitive Therapies*. Chris has received a number of research and business awards. He was recently awarded the 2019 *Australian Allied Health Impact Award* for his work in clinical research, education and the media.





ABOUT DESTINATION HAPPINESS

Destination Happiness is a TV wellbeing show based on principles of positive psychology. It currently has 13-episode series throughout Australia on national TV broadcaster, Channel 9.

The show aims to convey positive messages about physical health, mental health and wellbeing to a mass audience in an entertaining and engaging way. The show's host, Angie Hilton is an experienced TV presenter who wished to research and inform others of constructive ways of helping people rise above anxiety and depression. Angie had suffered from these issues herself in early adulthood.

Chris is currently the resident psychologist on the show and Sue Mackey, his wife and practice manager is the show's producer.

Regular segments on the show include "Happy People" with uplifting stories from celebrities and others who have risen above challenges or taken on causes that promote an optimistic and hopeful outlook. Chris presents the "Happy Minds" segment each week, which conveys practical tips from positive psychology and insights from his therapy experience.

Other regular segments include "Happy Travels", "Happy Pets" "Happy Bodies" and "Random Acts of Happiness".

For more information see the show's website <https://destinationhappiness.com>



BOOKS

For all those interested in mental wellness as well as mental-health practitioners, this book makes the strongest case yet made that synchronicity and other forms of intuitive insight promote wellbeing and help us transform mental-health issues into personal growth.

"A profound introduction to deep concepts of mind, meaning and the challenges of creating a life well lived for everyone."
- Ernest Rossi, PhD, author of *The Psychobiology of Gene Expression* and *Creating Consciousness*

"I'm a huge fan of this book. Chris Mackey has blended his work on synchronicity with the field of positive psychology in a way that is informative and inspiring." – Professor Lea Waters, President of the International Positive Psychology Association.

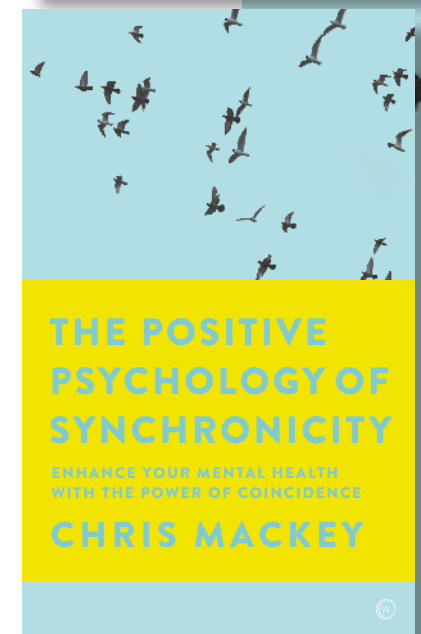
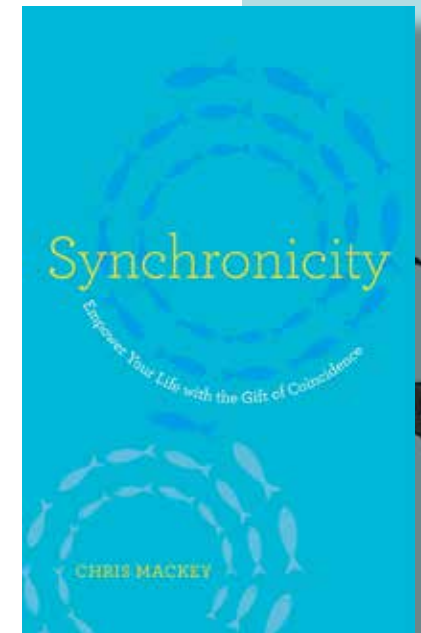
Synchronicity is meaningful coincidence that connects our inner and outer worlds. This book reveals how it can guide us along our life path, helping us through challenging times and nudging us toward self-fulfilment. Chris Mackey writes from personal experience, including 40 years working as a clinical psychologist with a particular interest in optimistic approaches to psychotherapy that are well grounded in science. His early adult experiences with mental health struggles and his ongoing work with clients have inspired his belief that synchronicity has a key role to play in helping us to tap into our intuitive and spiritual selves and guiding us through life. This exciting new approach draws on synchronicity in accordance with established principles of positive psychology to promote transformative change. Chris provides several case studies illustrating his transpersonal approach.

This exciting new approach to synchronicity will be of great interest to practitioners and patients alike, as well as to anyone interested in a spiritual dimension to personal growth and the opportunities offered by altered states of consciousness.

The book includes:

- * Carl Jung's original description of synchronicity
- * Real-life case studies
- * Explanation of how synchronicity relates to positive psychology and brain science
- * Practical ways to work with synchronicity including journaling, symbol analysis and dream interpretation.

An audiobook is also available.



LITTLE KNOWN FACTS ABOUT CHRIS

- Chris's hobbies include tennis, golf, kayaking, listening to music and seeing movies. Over the past thirty years, he has taken off most Monday afternoons to watch a movie. His favourite directors include the Coen Brothers, Quentin Tarantino and Clint Eastwood. He has been a member of a small movie club in Geelong over the past ten years where the host takes it in turns to cook a meal and guests dress in theme for the movie. In 2016 the group visited China to ride camels in the Gobi desert after a member moved there.
- Chris recently received the *2019 Australian Allied Health Impact Achievement Award* for his work in clinical research, therapy training and in the media.
- Chris and Sue, now the practice manager, received the first of three *Geelong Business Excellence Awards* for their practice in 2005, later ones coming in 2007 and 2009. *Chris Mackey and Associates* was admitted to the *Geelong Business Excellence Awards Hall of Fame* in 2010.
- Chris is married to Sue, also his practice manager, who has also written a positive psychology book called "Positive Oncology".
- They have three children, Rowan, aged 26, Joanna 23, and Ellie, 20. Rowan is also their practice's digital media manager, and Rowan and Joanna are also on the production team of *Destination Happiness*. Ellie is studying second year psychology at Melbourne University, where Chris studied a similar course.
- Chris was born in Sydney where he lived until the end of primary school, apart from when he lived in Fiji from when he was aged 3 to 6 years. His father, a third generation pharmacist, took the family there when he went to set up a pharmacy in a department store in Suva. Chris attributes some of his positivity to the warmth of the Fijians he was surrounded by in early life.



MEDIA



OVERSEAS MEDIA

Mind Body Spirit magazine UK • Psychic News magazine UK • The Cygnus Review magazine UK • Soul and Spirit magazine in the UK
Live Happy magazine US • Beyond 50 US • Dr Pat radio program

CONTACT DETAILS

For media and speaking opportunities please contact Chris directly

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WEBSITES

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SOCIAL MEDIA

 **YouTube** Chris Mackey Psychology https://www.youtube.com/channel/UCZ5xQ8HEdE0e6VhrRW_oN6g/featured

 **facebook** Chris Mackey, Psychologist & Author <https://www.facebook.com/chrismackeyauthor/>

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