



Lindsay Spencer-Matthews **Registered Psychologist**

Lindsay has been a psychologist since 1996. He started late in life having worked in Sales and Marketing for nearly 20 years prior. Lindsay has had firsthand experience with addiction and, has worked with many clients who have found themselves in some form of dependency. Whilst Lindsay's experience with AA has been through his clients' reports, he has developed a deep appreciation of what can be achieved through the program.

Lindsay is an “agnostic Christian” with a very strong belief in a higher power. Lindsay's approach to his work is based on a strongly intellectual approach. He does his best to help people “change the way they think, about the way they think”. He has written a book called *Why Clever People Do Dumb Things*, has delivered a TEDxUQ talk on *How to be the Luckiest Person in the World*, and has been a guest on a number of podcasts, most recently with Adam Gibson on the Parents With Questions Podcast talking about “How to raise uncoercible kids”.

Lindsay operates a small solo private practice in North Ipswich, but he is pivoting his work to an online membership-based format as he gradually progresses towards a late retirement. He can be found at www.greatchangemaker.com.au or by email at lindsay@greatchangemaker.com.au