



## Specialist Profile

# Dr Vinay Garbharran

## Psychiatrist

### Professional background

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#### Qualifications

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MBBCh (Wits), FRANZCP,  
Cert.Chld.Adol.Psych,  
Adjunct Associate  
Professor (School of  
Applied Psychology -  
Griffith University)

#### Sub-specialties

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- Anxiety and Behavioural Disorders
- Child, adolescent and adult psychiatry
- Family psychiatry
- Eating Disorders
- Mood Disorders

#### Languages

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- English

#### Telehealth

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Yes, upon request

Dr Vinay Garbharran is a Child and Adolescent Psychiatrist who also works with adults, particularly in the areas of Eating Disorders and ADHD. He views his role as initially assisting in diagnostic clarification and case formulation, followed by suggesting treatment that includes medication management and input from Allied Health Practitioners when indicated. He is then responsible for ongoing medication management before this can be handed back to the GP if appropriate. Whilst he has skills in psychotherapy he does not take on the role of primary therapist but instead works closely with psychologists in this regard.

Dr Garbharran is also Director of Eating Disorder Services at Robina Private Hospital, where he has worked since 2017. He was involved in setting up both inpatient and outpatient Eating Disorder programs at this hospital. He has extensive experience in managing patients with Eating Disorders in various treatment settings as well as at various stages in their recovery. Due to the success and popularity of these programs and their increasing expansion, his ability to help patients with other conditions has been compromised. He thus presently mainly sees patients with Eating Disorders and ADHD, and to a lesser extent Anxiety, Depression and OCD. Patients with Eating Disorders are prioritised for earlier appointments.

Dr Garbharran is originally from South Africa and completed his medical training at the University of Witwatersrand in Johannesburg. After working in both South Africa and the UK he moved to the Gold Coast in 1999. He gained his specialist qualifications in Psychiatry as well as an Advanced Certificate in Child and Adolescent Psychiatry in 2005.

He has extensive experience in Child and Youth Mental Health Services (CYMHS) on the Gold Coast, being the clinical lead on the CYMHS ward at Robina Hospital until 2009, and then at the community CYMHS clinic in Southport until 2016. During this 12 year period he also provided Consultation-Liaison services to the Paediatric Ward at GCH and then GCUH working closely with the Paediatric Team during this time. He moved into private practice in 2017.

Dr Garbharran has also had academic interests being involved in the training of medical students, Registrars and Psychologists over the years. He has collaborated with Griffith University on various studies and held the position of Adjunct Associate Professor in the School of Applied Psychology during this time.

#### Referral and appointments

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Referrals can be sent via Medical Objects