

Miriam Henke – Mind and Body Medicine – Helping others improve their holistic wellbeing.

Miriam Henke is a Health Psychologist in solo private practice.

Having moved to the Sunshine Coast from Adelaide in 2021, Miriam migrated her practice with her, making it 100% telehealth based. Miriam supports a variety of clients with common presentations including anxiety and mood disorders, chronic health issues, chronic pain conditions, lifestyle modification, relationship issues, and workplace challenges. With over 15 years' experience in life and executive coaching, Miriam's approach to her client work is grounded in coaching strategy.

Her areas of interest include mind-body medicine, photo-biomodulation (aka Red-Light Therapy) and leadership. In addition to her private practice work, Miriam is co-founder and Director of Lifespan Dynamics, a company she founded with her life partner, Michael, which distributes medical photo-biomodulation devices, and she is the Psychology Lecturer for the Australian Chiropractic College.