



Meredith Fuller



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Meredith Fuller

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Psych in Action

[Psychologist](#) | [author](#) | [playwright](#) |

[media spokesperson profile](#)

Meredith Fuller

Meredith Fuller is well qualified in counselling, social media commentating, and voluntary welfare work. Not only in her formal qualifications—including a BA psych, a Grad Dip in vocational counselling, a Masters in social science career behaviour, and membership of the APS College of Counselling Psychologists;

Meredith's many concurrent careers have included *author, playwright, columnist, talkback radio host & guest, theatre director, actor, psychological profiler, TV co-host & producer, guest speaker* and *lecturer*. Not to mention her day job; a psychologist in private practice, providing counselling and career development. She has consulted to organisations and groups on career development and change for over 20 years.

She ran a university careers counselling service for 12 years and has been a sessional lecturer in postgraduate courses in vocational psychology at several universities.

Meredith is an author and contributor to various books, articles and papers on careers and occupations. Meredith's 2013 book "WORKING WITH BITCHES – *identify the 8 Types of mean girls & rise above workplace nastiness*" is published in the USA by Da Capo.

Her 2012 book "WORKING WITH MEAN GIRLS: *identifying & protecting yourself from workplace nastiness*" is published by PENGUIN. Both are also available as e-books.

Her mini-book & contributing chapter 'Doing Beloved Work: *Finding truth in your career*' LOVE@WORK, 2006 Wiley & Sons was created for AIM.

Meredith has been a media spokesperson for the Australian Psychological Society for over 30 years, as well as a social media commentator.

Providing advice on radio talk back, she's an early morning, afternoon & drive guest psychologist for ABC radio amongst others.

Meredith has engaged in voluntary welfare work a couple of days a week since she was 14; for women's refuges, education access for the poor, and doing pro bono vocational counselling for the unemployed with mental health issues.

Blog: US Psychology Today WORKING WITH BITCHES/Careers Counselling for the Disappointed MEREDITH FULLER

Meredith has been a regular columnist in the *Daily Telegraph* and *Sunday Herald-Sun*, *New Idea*, *House & Garden*, former *B* magazine's agony aunt, and a quiz designer for *Cleo*, *Cosmopolitan*, and *Dolly*. She is quoted in daily newspapers print & digital, many blogs & magazines including *Marie Claire*, *Woman's Day*, *Women's Health*, *Elle*, and *Good Health*, & USA *Washington Post* and *New York Times*.

MYSTICAL DOG PRODUCTIONS tete-a-tete series (Rod Winning & Lesley Coleman) YouTube 30 min interview with Meredith

Meredith is heard and seen on radio and television. She co-hosted 'FullerLevity Classic Movies' weekly on Channel 31 digital 44 with Fred K. Levit for 8 months, and they had a weekly hour segment on radio. Since 1980 she has spoken on psychological topics on most radio stations, including regular spots on ABC Radio and Life Matters. Meredith also has guest spots on Channels 7, 9 and 10, ABC and SBS, including the programs *A Current Affair*, *Today Tonight*, *The Project*, *Insight* (& former *Body & Soul* on 7, *Live at Five* on 9). Behind the scenes, she has also been a psychological profiler and technical adviser to the print and electronic media, as well as to writers of drama series, inc. *Halifax fp*.

Meredith has a theatre & film ensemble, where she writes scripts and plays, directs and produces. This supports people gaining skills & employment. Meredith was writer-in-residence BURNING HOUSE Theatre Company (artistic director Robert Mark Johnson) 2018.

Late 2018, Meredith wrote and directed a play "Conjugated Stalking" that ran for 2 weeks.

In 2017 she directed "Sweet Phoebe" by Michael Gow

In 2016, she directed "International Stud" by Harvey Weinstein at the Butterfly Club

In 2015 she directed "The Wisdom of Eve" by Mary Orr at Theatre Works

Staged plays include *Stalk, Stalking, Stalked*, (Dancehouse) and some readings at GasWorks. In addition to assisting her husband (www.kailashstudios.com Brian Walsh) with community service short doccos, she co-made 'f2m; the boy within' interviewing Hazel Edwards & Ryan Scott Kennedy co-authors of a transitioning story.

As a professional child model for over 10 years, Meredith worked for Athol Shmith and John Cato, amongst others. She was awarded a scholarship to the National Theatre, and appeared in many theatrical and light opera productions over 14 years, at St Martins & theatre groups, including *The Cavern*, *Salad Days*, *Who's Afraid of Virginia Wolf?* and *Twelfth Night*. She also appeared in the iconic television drama *Homicide*.

LifeMember of AusAPT (Aust Assoc for Psychological Type) she often hosts and assists with activities. Meredith has regularly contributed to journals, with in-depth case studies of personality types & psychological themes.