

MEDICAL DIRECTOR

Dr David Graham

Lead Psychiatrist · Medical Director · FRANZCP

Psychiatrist, psychotherapist and medical director with two decades across public, private and veterans' mental health. David leads Karuna's clinical governance, medical model and practitioner training.

QUALIFICATIONS

- Bachelor of Science (Honours) — Monash University
- Doctor of Philosophy — Monash University
- Bachelor of Medicine, Bachelor of Surgery — University of Sydney
- Master of Philosophy — University of Sydney
- Master of Psychiatric Medicine — HETI
- Fellow of the Royal Australian and New Zealand College of Psychiatrists (FRANZCP)
- Certificate of Advanced Training in Psychotherapy — RANZCP
- Master of Health Law (in progress)

AREAS OF FOCUS

- Psychodynamic psychotherapy, with training in CBT, schema therapy and EMDR
- Trauma and the mental health of veterans and first responders
- Psychedelic-assisted therapy and psychopharmacology
- Medicolegal assessment: institutional abuse, negligence, psychiatric injury, fitness for work

About David

Before medicine, David spent more than a decade in defence analysis and research, including two deployments to Afghanistan. His interests include veterans and first responders, social justice, and the relationship between psychiatry and law.

Role at Karuna

David leads Karuna's clinical governance, medical model and practitioner training as Medical Director and Lead Psychiatrist.

Research & professional activity

Published work includes more than a dozen publications and presentations at Australian and international conferences.

Career & appointments

- Founder, psychiatrist and psychotherapist — Caribou Health
- Medical Director — GoodMind Therapeutics
- Member — NSW Mental Health Review Tribunal
- Visiting Medical Officer — St John of God Hospital, Richmond
- Clinical Lecturer — University of Sydney
- Former registrar to the NSW Chief Psychiatrist
- Honorary medical officer — National Centre for Veterans' Healthcare, Concord Repatriation General Hospital
- Co-founder — ratio medicolegal



THERAPEUTIC LEAD

Dr Alana (Lani) Roy

Therapeutic Lead · Psychologist and Social Worker

Psychologist and social worker with more than fifteen years across trauma, suicide prevention and community mental health. Lani leads Karuna's therapeutic model and clinician supervision.

QUALIFICATIONS

- Doctor of Philosophy — University of Melbourne (2020), on co-creating inclusive services with the Deafblind community
- Social work qualification, with mental health social work credentials
- Advanced Certificate in Nature Based Therapies
- AMAPP-accredited psychedelic therapist and approved supervisor

AREAS OF FOCUS

- Fifteen-plus years across mental health, suicide prevention, sexual assault, family violence, trauma and disability
- Complex trauma and dual diagnosis
- Accessible services for Deaf and Deafblind people, including therapy in Auslan
- EMDR, internal family systems, somatic and transpersonal approaches
- Does not prescribe; works with psychiatrists and GPs where prescribing is required

About Lani

Lani's University of Melbourne doctorate (2020) explored consultation, research and policy development with the Deafblind community. Using qualitative and quantitative methods, her work examined how services can be co-created to support a more inclusive world.

Role at Karuna

Lani leads Karuna's therapeutic model and clinician supervision. Her teaching and supervision span psychology, social work and biomedicine.

Education & therapeutic model

Co-created with Melissa Warner, EMPATHS combines somatic, relational, metacognitive and transpersonal dimensions within an integrative psychotherapy framework.

Career & appointments

- Founder and director — The Signs of Life Psychology
- Associate Research Fellow — Swinburne University
- Founding board member — Australian Multidisciplinary Association for Psychedelic Practitioners (AMAPP)
- Clinical educator and supervisor across psychology, social work and biomedicine
- Co-creator of EMPATHS Integrative Somatic Assisted Psychotherapy, with Melissa Warner
- Educator — Anam Cara and the Certificate of Psychedelic and Contemplative Therapies



PROGRAMS & INNOVATION

Melissa Warner

Programs and Innovation Lead

Neuroscience graduate, researcher and contemplative educator. Melissa leads Karuna's programs and innovation, designing group programs and technology-supported care.

QUALIFICATIONS

- Bachelor of Science (Neuroscience) — University of Melbourne
- Graduate Diploma in Psychology
- Meditation training under Mingyur Rinpoche in the Mahamudra tradition

AREAS OF FOCUS

- Research into altered states: meditation, psychedelics and immersive technology
- VR meditation research around psychedelic-assisted therapy, with the University of Melbourne
- Co-developer of the EMPATHS framework, with Dr Alana Roy
- Education in psychedelic preparation and integration

About Melissa

Melissa's work connects neuroscience, contemplative practice, immersive technology and psychedelic research. A 2024 biography describes collaborations involving psilocybin, 5-MeO-DMT and virtual reality, including research on VR meditation before and after psychedelic-assisted therapy.

Role at Karuna

Melissa leads Karuna's programs and innovation, designing group programs and technology-supported care.

Teaching & contemplative practice

Her education work explores preparation and integration alongside meditation and contemplative practice. She studied under Mingyur Rinpoche in the Mahamudra tradition and co-developed EMPATHS with Lani Roy, linking somatic, relational, metacognitive and transpersonal approaches.

Career & appointments

- Secretary — Psychedelic Research in Science and Medicine (PRISM)
- Research Fellow — Swinburne University and the Intangible Realities Laboratory
- Director — Cyberdelic Nexus and PATHS XR, immersive virtual reality experiences
- Founding partner — Anam Cara, contemplative and psychedelic education
- Mindfulness teacher and psychedelic preparation and integration coach — The Signs of Life Psychology
- Co-founded the Australian Psychedelic Society (2016)
- Former education and communications officer — Mind Medicine Australia



CLINICAL PSYCHOLOGIST

Prof. James Bennett-Levy

Clinical Psychologist · Professor · Researcher

Clinical psychologist, educator and researcher specialising in cognitive behaviour therapy, therapist development and psychedelic-assisted therapy research.

APPOINTMENTS

- Professor, Faculty of Health — Southern Cross University
- Honorary Professor, School of Health Sciences — University of Sydney
- Clinical Psychologist — AHPRA PSY0001136179

AREAS OF FOCUS

- Cognitive behaviour therapy
- Depression and anxiety
- Therapist training and supervision
- Self-practice and self-reflection
- Psychedelic-assisted therapy research
- Rural mental health

SELECTED BOOKS

- Experiencing CBT from the Inside Out (Guilford Press)
- Oxford Guide to Low Intensity CBT Interventions (Oxford University Press)

About James

James is a clinical psychologist and Professor at Southern Cross University, based in the Northern Rivers, and an Honorary Professor at the University of Sydney. His work brings together clinical practice, psychological research and the development of therapists' skills.

Teaching & therapist development

James is internationally recognised for his research on therapist training and for developing self-practice and self-reflection approaches. He has trained therapists across 27 countries and is Series Editor of Guilford Press's Self-Practice/Self-Reflection Guides for Psychotherapists.

Research & publications

His publications span cognitive behaviour therapy, therapist development and psychedelic-assisted therapy. He is a co-author or co-editor of five psychotherapy books translated into twelve languages, and a Chief Investigator on a psychedelic-assisted therapy clinical trial. He is also a co-author of the PARTING psilocybin trial protocol.

Role at Karuna

James provides clinical psychology and evidence-based psychological treatment for patients in Karuna's care, including those in ketamine and medicine-assisted therapy programs. His background in research and therapist development supports a thoughtful, psychologically informed approach to care.