

Patient Copy

INFORMATION AND CONSENT DOCUMENT

I am pleased you have selected me as your specialist Clinical Psychologist. This document informs you about my background, to assist you to understand the nature of my therapy service, and to outline our professional relationship.

QUALIFICATIONS and EXPERIENCE

I hold a Doctorate (Counselling/Psychology) from The Ohio University, a Masters degree (Guidance/Counselling) from The University of Queensland, a Graduate Diploma of Counselling *and* Diploma of Teaching from Queensland University of Technology, and a Bachelor of Education (Psychology/Religion) from Australian Catholic University. I have over 25 years experience in counselling and education in a variety of contexts with children, adolescents, adults, couples, families and groups in Australia, Italy, and the USA.

I am a Registered Psychologist (QPB), a National Certified Counselor (NBCC), a Registered Teacher (QCT), and a Member of the Australian Psychological Society, and the College of Clinical Psychologists. My practice is focused on Personal and Relationship Counselling, Mediation, Consultation, Training, Clinical Supervision, Psychological Assessment and Medico-Legal services.

NATURE of PSYCHOLOGICAL THERAPY

I see people as having the capacity to resolve their own challenges through our consultations. Change occurs as people experience themselves as open and competent, and are then more capable of finding solutions for greater control and contentment in their lives. Most people need a few sessions to achieve the self-awareness and problem-solving they seek, while some require many sessions over an extended period of time. As a patient you are in complete control and may end the professional relationship at any point. Sometimes exploring sensitive issues and the past can be of some risk and distress for patients. If you become upset outside of sessions due to what is discussed, please raise this with me. I will also address possible risks with you if they arise. Therapy is ultimately successful when you know yourself better and are able to face life's challenges in the future without my support.

Although our sessions will be emotionally and psychologically intimate and intense, it is important you realise we have a professional relationship not a personal one. Our face-to-face contact is limited to the sessions you have with me. You are best served by our relationship remaining strictly professional and our sessions concentrate exclusively on your concerns. You will invariably learn a little about me as we work together, though you are experiencing me in my clinical role.

P.T.O.

REFERRALS

Should you require a referral to another professional I will happily discuss this with you and help as much as possible. If at any time you are dissatisfied with my service please let me know.

FEES, CANCELLATION and HEALTH FUNDS

The fee for psychological therapy is \$160 per hour-session. The fee is due at each session with cash or cheque (otherwise internet bank transfer, cheque, or money order *within the next working day*). In the event you are unable to keep an appointment, notify me 24 hours in advance, otherwise you will be charged for the session. If you need a reduction in fee to continue with therapy, please feel comfortable discussing this with me. Most private health insurance funds will reimburse for psychological services. Contact your health fund to determine whether and how much they will reimburse you. Usually the invoice/receipt you receive at time of payment is sufficient for the health fund. If your sessions are part of a **General Practitioner's Mental Health Treatment Plan** or a **Psychiatrist's Assessment and Management Plan**, there is a generous rebate (~\$120) available through Medicare. In these cases you may only claim *either* through your health fund *or* Medicare.

RECORDS and CONFIDENTIALITY

All of your communication becomes part of the clinical record. I will keep secure and confidential anything you say to me except where: (1) I receive your approval to tell someone else, or (2) Failure to disclose the information would place you or another person at serious and imminent risk, or (3) This is required or authorised by law. My aim is to safeguard your confidences and privacy within the constraints of the law. **If you have been referred by a Medical Practitioner, I will report to them about your treatment.** If you are consulting any medical specialist or involved in any legal process, please inform me as it may impact the treatment process.

If you are in significant need of support between sessions, contact a 24-hr crisis agency such as Lifeline (Tel: 13 11 14), or call me if you need to (Tel: 041 383 1946).

If you have any questions about this document, please ask me at the beginning of your consultation.



APS Psychologists: 'Good Thinking'

The Australian Psychological Society Ltd

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Please ensure you retain this document for future reference.