



FREQUENTLY ASKED QUESTIONS WHEN SEEING A PSYCHOLOGIST FOR THE FIRST TIME

People tend to see a psychologist when they feel stuck or are 'hurting' in some way. Perhaps they know what the problem is, but not what to do about it. Perhaps they simply feel bad. This brochure addresses some commonly asked questions when seeing a psychologist for the first time.

WHAT IS YOUR BACKGROUND?

I am an organisational, health and counselling psychologist. I provide career counselling and hypnotherapy. Through the [CENTRE OF CAREER DEVELOPMENT & ERICKSONIAN HYPNOSIS](#), I also provide training in career development and how to set up and run a small business. I also teach psychologists Ericksonian hypnosis, as well as how to set up and run a private practice. I have been in private practice as a psychologist since September 1993.

HOW DO YOU WORK?

Your first consultation with me is a history-taking session, where I find out about your background and what you hope to achieve in working with me. You will also be completing a battery of psychometric questionnaires. These questionnaires have been selected to help me help you.

If you are seeing me for individual counselling, I will formulate a therapeutic diagnosis and develop a treatment plan. This plan will be discussed with you, along with any questionnaires you have completed. Your treatment plan will include a combination of supportive counselling, psychoeducation, coaching, training, hypnotherapy and homework tasks. Your treatment plan includes steps to prevent relapse so it is important to complete the work we commence together. I also review your progress each consultation to ensure that the treatment plan continues to meet your therapeutic needs most effectively.

If you are seeing me for individual career counselling, the work will take two to five consultations to complete. The second consultation involves discussion of the questionnaire results. Most clients leave the second consultation with a clear career goal. Remaining clients leave with a short list of career options. By the completion of our work together, you will have a clear career goal and the practicalities in realising that career goal. Depending on your vocational goals, you may be invited to attend the [SEMINARS OF THE FUTURE](#)[®] and/or [pPP](#)[®] Programs through the [CENTRE OF CAREER DEVELOPMENT & ERICKSONIAN HYPNOSIS](#). These Programs provide training in the career and small business areas. Senior executives may also benefit from short or long term career coaching so as to obtain the best out of their career, their place of employment and/or their staff.

At the end of the day, everyone is entitled to work in a fulfilling role that they truly enjoy and in the kind of environment that they enjoy working in.

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WHAT CAN I EXPECT FROM OUR RELATIONSHIP?

As a psychologist, hypnotherapist and career counsellor, my goal is to help you accomplish your therapeutic and career goals. I practice psychology in accordance with State and Commonwealth laws, and the Australian Psychological Society's Code of Conduct. As such, I do not accept gifts from clients. I also do not socialise with my clients if I bump into them in public forums (such as parties or shopping centres). I also treat everything you tell me as confidential. Any records I hold on file, whether written or electronic, are also treated confidentially. I will not release any information and will not hold any discussions with other helping professionals without your written informed consent. If I cannot help you with a particular problem, I will refer you to another practitioner or refer you back to your GP. At a personal level, I believe in integrity, fairness, contribution, proactivity, excellence and developing human potential. I will endeavour to make your time with me an enjoyable journey to your therapeutic and vocational goals.

WHAT DO I DO IF I AM SEEING YOU UNDER MEDICARE?

You will need to bring your GP's referral letter plus Mental Health Care Plan to your initial appointment. I will provide you a receipt that has all the details Medicare needs to provide you your rebate.

WHAT ABOUT APPOINTMENTS? AND WHAT HAPPENS IF I CANCEL OR MISS AN APPOINTMENT?

Appointments are normally given on the hour. Initial appointments may take two to three hours. Remaining consultations will be approximately an hour. Appointments are initially scheduled on a weekly basis. As you progress through the treatment plan, appointments will be spaced out to fortnightly and then monthly. At the end of each consultation, we will book your next appointment at a mutually agreed upon time.

There is no fee if you cancel or miss an appointment. However, if you find that you cannot make your appointment, please contact me as soon as possible and we can arrange an alternate time. Similarly, if you find yourself running late, please phone or text me to let me know your new expected time of arrival.

Some clients find their personal or career issues have resolved themselves between appointments and no longer need their next scheduled appointment. Other clients find that they need additional help between scheduled appointments. If either of these situations happen to you, feel free to let me know. In the former case, it will feel like a graduation day conversation. In the latter, we can bring your next scheduled appointment forward, or provide interim help over the telephone until you can next come in.

WHAT ARE YOUR FEES?

Appointments held on Mondays to Thursdays are \$87 per consultation for counselling and hypnotherapy; or \$92.50 for career counselling. Sunday appointments are \$110 or \$121 respectively. Fees for career counselling consultations include 10% GST. Fees can be paid by cash or cheque at the time of each consultation.

WHAT IF I HAVE OTHER QUESTIONS?

If you have any other queries or concerns about anything at all, feel free to ring or text me on 0418 149 506.

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