

Individual Counselling

Individuals, couples, and families commonly work with a clinical psychologist for help to:

- Manage depression and anger;
- Cope with anxiety or stress;
- Improve sleep;
- Manage addictions;
- Manage acute and chronic pain;
- Adjust to personal loss or trauma;
- Manage eating disorders;
- Deal with child behavioural and emotional concerns such as anxiety and fear, sadness, and ADHD;
- Improve parenting skills;
- Cope with life transitions;
- Make career decisions;
- Enhance relationships;
- Manage health concerns; and
- Manage disabilities.

Individuals do not need a referral to see a psychologist. Private health insurance rebates are available for these clients.

Medicare does rebate for psychology, however, clients must be referred by their GP in the context of a GP Mental Health Care Plan, or by their psychiatrist or paediatrician. We require clients to pay our full fee upfront and then claim a rebate from Medicare. See our FAQs for further information regarding the Medicare scheme.

For appointments to be covered by a third party such as WorkCover, insurance claims, or rehabilitation programs, referral details must be provided when booking the appointment.

An individual counselling appointment generally lasts for one hour and consultations are charged at \$155 per hour.

During the first appointment, you will have an opportunity to explain your current concerns. Your psychologist will work to understand your concerns by exploring thoughts, emotions and behaviour, asking about the background of the problem, and asking you to fill out questionnaires where appropriate.

In subsequent appointments, you and the psychologist will work together on strategies to improve problem areas.

To find out more about each psychologist's specific skills, background, and qualifications, visit our psychologists.