



Thank you for your interest in the clinical psychology services offered at my practice. For many people, the decision to see a psychologist is a big step. Your mental health difficulties may seem relatively minor, they may feel overwhelming, or somewhere in between. Whatever your situation, there is always room for hope, and the possibility of positive change.

Purpose of an initial consultation

Psychology sessions will be most effective if we work together as a team, have a good idea about what you'd like to achieve, and formulate a plan together. The initial consult gives us the opportunity to make a start on this. It can also help you decide whether you would like to continue working with me. In some instances, I may recommend additional or alternative support options for you, if I think they would better meet your needs.

The initial consult is predominantly an information session, and typically involves the following:

- If you have a referral, we'll review it together (referrals are required for Medicare or DVA rebates)
- We'll go through a consent form, including important information about confidentiality and privacy.
- I'll ask you to briefly describe your current difficulties, and what you're hoping to change or achieve.
- I'll let you know about the different types of therapies I provide, including neurotherapy options and biofeedback.
- We'll discuss the number of sessions which may be required, and frequency
- I'll provide information about Telehealth and phone options, in the event that one or both of us is unable to attend face to face appointments.

Cost

The fee for a 50 minute initial consult is \$205 (\$225 from 01.06.24). Payment in full is required on the day, and can be made via cash, debit card, credit card or phone.

Possible rebates

If accessing psychological therapy, you may be eligible for one of the rebates below. If you are interested in a course of "stand alone" neurofeedback training, this usually needs to be funded privately (i.e., out of pocket).

- A Medicare rebate of \$141.85 if you have a Mental Health Treatment Plan and referral from your GP
- DVA may fund your appointment costs if you have a DVA white/gold card, and a valid GP referral
- Some private health insurance companies provide rebates, depending on the policy and level of cover (please check with your insurance company for more information).

To claim a rebate at the time of payment, you'll need to pay the full amount up front, and then use a card linked to a savings or cheque account to receive your rebate. Processing Medicare rebates on the spot is possible most of the time, but there may be times when you need to follow up with Medicare yourself to claim the rebate.

Late change/cancellation fees

Please note that fees apply for late cancellations or changes within 48 hours of an appointment, including the initial consultation. Please refer to the "Bookings & Fees" page on the www.spneuro.com.au website.

Sally Westland | Clinical Psychologist
B.A. (Hons), M.Psych (Clin), MAPS, FCCLP