

ADULT INFORMATION SHEET

It can be daunting and confusing to consider seeing a psychologist. To help you feel more comfortable about your decision or before your visit, here are answers to some common questions and concerns:

What does talk therapy involve?

I will talk to you a lot about your struggles in various important areas of your life. I will also teach a number of skills and strategies to help you effectively deal with distressing thoughts, feelings, memories and behaviours outside of the sessions.

What therapeutic approaches do you draw from in your work?

I develop an individual treatment plan for each of my clients. I am trained in multiple therapies, and one technique I often use Cognitive Behavioural Therapy or CBT. This is an evidence-based focussed intervention that assists individuals to discover unhelpful thoughts and behaviours that maintain psychological disorders and learn strategies to overcome these problems. I may incorporate techniques from other evidence supported treatments such as mindfulness, dialectical behaviour therapy, and acceptance-based approaches.

What conditions can you treat?

I see adults with a variety of anxiety disorders, depressive disorders, anger, and emotion regulation issues. I do not currently treat individuals with eating disorders such as anorexia nervosa or bulimia nervosa, schizophrenia, or bipolar disorders.

Do I need to start taking psychiatric medication?

Psychologists provide expertise in the assessment and treatment of psychological difficulties using talk therapy. Psychologists do not prescribe psychiatric medications. In certain circumstances, I will discuss with you the potential advantages of getting a psychiatric opinion in addition to the therapy.

What can I expect at the first meeting?

The first session will last for approximately 50 minutes. I will ask questions about your history and current situation (e.g. family, school, social, health, developmental), main concerns, and treatment goals.

How long does each session last?

All treatment sessions last 50 minutes.

How many sessions will it take and how often will I need to come?

The number of meetings needed and the frequency of sessions will vary.

Will you tell anyone about what I say in sessions?

No, I won't tell others what you say at our meetings. All notes from our sessions are also stored securely on a securely encrypted computer system. However, I may be required legally to break this confidentiality if I have a potential risk or safety concern for you or another person.

Do I need a referral?

No, a referral is not required to have treatment with us. However, to claim a Medicare rebate you must have a referral from a GP, paediatrician or psychiatrist.

How is a Medicare plan arranged?

Medicare provides rebates to assist with the costs of accessing psychological treatment if you have a Mental Health Treatment Plan. A plan can be prepared by a GP. You may receive a rebate toward treatment costs for a maximum of 10 sessions in a calendar year. After the sixth session, you must return to your referrer for a review and referral for the 4 remaining sessions. The referral should be in your name and made out to Dr Anna McKinnon.

Can I use a Private Health Care Plan?

You may be able to claim a rebate for psychology services using your private health fund. However, you cannot claim a rebate from both Medicare and a private health fund for the same session. Contact your health fund about whether you are eligible.

Does your clinic have a cancellation policy?

If you need to cancel or reschedule an appointment, you must advise me no later than 11 am on the previous business day. The full appointment fee will be charged for appointments cancelled or rescheduled after the 11 am cut-off.

Thank you very much for reading this information sheet.