

# Tailored, individual treatment

## PSYCHOLOGY SERVICES FOR CHILDREN AND TEENS

The Emotional Health Clinic (EHC) is a centre of excellence, aimed at furthering our understanding of emotional disorders and improving methods of treatment. In addition to our research programs, we also offer private psychological treatment. Clients who seek help at the EHC will receive state of the art assessment and treatment based on internationally recognised research, much of which has been conducted by our team over the past 20 years.

### WHAT ISSUES CAN WE HELP WITH?

Our clinical team has expertise in the treatment of all types of anxiety including generalised anxiety and worry, social anxiety, specific phobias, panic, agoraphobia, separation anxiety and health anxiety. Our team also includes clinicians who specialise in the treatment of obsessive compulsive disorder, post-traumatic stress and depression. In addition, we provide help for issues related to self-esteem, low mood, assertiveness, stress management and parenting.

Psychologists at the EHC work with clients of all ages, including children, adolescents, adults and older adults.

### WHAT DOES TREATMENT INVOLVE?

The focus and duration of treatment will vary from person to person and depends on your child's unique needs, the issues you are wishing to address as well as your and your child's goals for treatment. The rate of progress can depend on many factors. Practicing skills between sessions is essential to making progress. Sessions typically start out on a weekly basis. Less frequent visits (e.g. fortnightly or monthly) may be scheduled as treatment nears completion.

### WHAT TYPE OF THERAPY IS USED?

Your psychologist will use therapeutic techniques tailored to suit your child and family's needs. However, all of our psychologists primarily practice Cognitive Behaviour Therapy (CBT), an evidence-based intervention that focuses on discovering unhelpful thoughts and behaviours and then learning healthier skills and habits that are designed to reduce targeted problems. Your psychologist may also incorporate principles or techniques from other evidence-supported theories such as dialectical behaviour therapy or interpersonal therapy that they have training and experience in. Our clinicians do not offer family or couple therapy.

### HOW DOES TREATMENT START

The first 1-2 sessions will focus on getting an understanding of why you are seeking help for your child and what you hope to achieve. At the end of the first or second session, a treatment plan will be discussed or other options that may be more appropriate, such as referral to a more suited service, may be suggested.

For children, the first appointment will be attended by parents only. During this appointment the psychologist will ask parents questions about their main concerns, their goals and information about a child's history and current situation (e.g. family, school, social, health). Prior to suggesting a treatment plan, particularly for young teens, it may be necessary to have a second session where your child is able to discuss their view on concerns and goals.

For teens, who attends the first session (parents only or parent and teen together) will depend on whether your child has initiated seeking help and the types of difficulties being experienced. This will be discussed with you when scheduling the first appointment. If parents and a teen are attending together, a longer initial session will be recommended. In either case both teens and parents will be asked about the current situation, their main concerns, what they would like to gain from treatment and any relevant history over the first 1-2 sessions.

Future sessions may involve a child alone, parents and children together, or parents alone, depending on the nature of the difficulties and the skills that need to be developed. This will be discussed as part of the treatment plan.



Photo by Chris Stacey, EHC reception area

## WHAT COSTS ARE INVOLVED?

Fees vary according to the qualification level of psychologists and with the length of the session. Standard sessions are for 50 minutes in duration. Extended sessions are charged a pro-rata rate based on the standard session rate. Extended sessions may be recommended during treatment to allow sufficient time to apply new skills with the support of a therapist. Home and school visits, and sessions held outside of the clinic have a different cost structure. More information will be provided if this service is required.

### Summary of fees for standard session from January 2024 (fees are subject to change)

Clinician type	Upfront costs	Medicare rebate <sup>1</sup>
Registered Psychologist	\$221	\$93.35
Clinical Psychologist	\$265	\$137.05

<sup>1</sup> A rebate is claimable if a valid GP Mental Health Care Plan or Paediatrician/Psychiatrist referral has been obtained up to a limit of 10 sessions in each calendar year. A child must be present at the session for the session to be claimable.

## WHAT DO THE DIFFERENT TITLES MEAN?

At the EHC we have psychologists and endorsed clinical psychologists who are registered with the Psychology Board of Australia and Medicare. Our team specialise in understanding, assessing and treating mental health issues using evidence-based practices.

Our team include:

- Registered Psychologists who have a postgraduate degree in psychology that included extensive supervised practice.
- Clinical Psychologists who have been endorsed in clinical psychology following completion of both a postgraduate degree in clinical psychology, and an approved registrar program.

## WHICH PSYCHOLOGIST WILL I BE SEEING?

After speaking with you about your specific treatment needs and your availabilities for sessions, you will be allocated to start treatment as soon as possible with an available clinician. If you have been recommended to a particular psychologist on our team, we will accommodate this wherever possible and appropriate, however, this may result in a longer waiting time for treatment. More information about individual team members can be found on our website.

## 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. The referral should be made out to the Emotional Health Clinic if the request is not for a specific psychologist.

## MEDICARE

Medicare provides rebates to assist with the costs of accessing psychological treatment through the Better Access initiative. Eligible individuals may receive a rebate toward treatment costs for a maximum of 10 sessions in a calendar year. After your sixth session, you must return to your referrer, who will approve the continuation of sessions.

To be eligible for a rebate towards psychology services:

- If you see a GP, they must first activate a Mental Health Treatment Plan, then create a referral letter.
- If you see a paediatrician or psychiatrist, they may make a direct referral.

For children and adolescents who are attending treatment sessions, the Mental Health Treatment Plan should be made in the child's name. However due to government regulations it is important to note that any parent only sessions, including the first session, are not eligible for a rebate.

## PRIVATE HEALTH INSURANCE

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 to claim on psychology services.

## PAYING FOR YOUR SESSION

Full payment must be made prior to beginning each session. If you have a valid Mental Health Treatment Plan and/or referral, we can lodge your Medicare claim on your behalf.

We accept payment via Visa, Mastercard, EFTPOS and cheque. Cheque payments must be made out to "Macquarie University". Please note that cash is not accepted.

## CANCELLATION POLICY

If you need to cancel or reschedule an appointment, you must advise us no later than 11am on the previous business day. For example, if you need to cancel or reschedule an appointment set for 10am on Monday you must contact us no later than 11am on Friday. A cancellation fee of 100% of the session cost will be charged for appointments cancelled or rescheduled after the 11am cut-off.

## CONTACT US

If you would like to discuss private treatment at the EHC, have any questions, or would like to seek treatment with us, please contact our friendly team on 02 9850 8711 or visit our website [mq.edu.au/ehc](http://mq.edu.au/ehc) for more information.

### FIND OUT MORE

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