

Tailored, individual treatment

Psychology services for children, teens, adults and older adults

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.

TAILORED INDIVIDUAL THERAPY

We offer individually tailored sessions that can be provided both via telehealth or in-person at our clinic in North Ryde, Sydney.

Psychologists at the Emotional Health Clinic work with clients of all ages, including children, teens, adults and older adults. Our team has expertise in the treatment of:

- all types of anxiety
- depression, low mood and irritability
- emotion regulation
- issues related to self-esteem
- obsessive compulsive disorder
- parenting
- post-traumatic stress
- stress management

Our psychologists can also deliver our published treatment programs including the Cool Kids Suite, Ageing Wisely and Study Without Stress as a part of a tailored therapy approach.

SESSION OVERVIEW

Sessions take place at the clinic or via telehealth and typically start out on a weekly basis. Less frequent visits (eg fortnightly or monthly) may be scheduled as treatment nears completion.

Prior to the first session you will be asked to fill in standard questionnaires about common mental health difficulties which will assist your psychologist to develop a treatment plan.

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

ARRANGEMENTS FOR CHILDREN AND TEENS

For children, the first session is for parents only, allowing parents to speak freely about their concerns for their child. Unfortunately, this assessment session is not eligible for a Medicare rebate.

For teens, we will discuss with you whether a parent-only session is needed or whether parent and teen should attend together. If you attend together, a longer, one and a half hour assessment session will be scheduled.

Future sessions may involve a combination of child alone, parents and children together, or parents alone, depending on the nature of the difficulties and the skills that need to be developed.

Children under the age of 16 must be accompanied by a parent or carer to all sessions.



THERAPY APPROACHES

Our psychologists primarily practice Cognitive Behaviour Therapy (CBT) which focuses on helping clients, and their families, to learn healthier skills and habits to reduce targeted problems. In addition, principles or techniques from other evidence-supported approaches such as mindfulness, dialectical behaviour therapy or interpersonal therapy are often incorporated. Our psychologists do not offer family or couple therapy.

OUR PSYCHOLOGISTS

We have both generally registered psychologists and endorsed clinical psychologists. All are registered with the Psychology Board of Australia and Medicare. It is a requirement that all of our psychologists continually update and develop their skills through activities such as mentoring from senior clinicians, peer support, case review meetings, clinically focused meetings to learn about advances in research, and professional development.

[Meet our clinical team.](#)

REFERRALS AND REBATES

A referral is not required to have treatment with us. However, to claim a Medicare rebate for sessions with a registered or clinical psychologist you must have a referral and Mental Health Treatment Plan from a GP, paediatrician or psychiatrist. Up to 10 sessions can receive a rebate per year.

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.

FEES AND CANCELLATION POLICY

In 2026 fees range from \$238 - \$427.50 for assessment and \$238 - \$285 per standard therapy session. Fees are reviewed annually.

A cancellation fee of 100% of the session cost will be charged for appointments cancelled or rescheduled after 11am on the previous business day.

CONTACT US

If you would like to discuss individual therapy at the EHC, have any questions, please contact our friendly team on 02 9850 8711 or use the QR code below to provide your details.

To request a call back scan:



FIND OUT MORE

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