



**PSYCHOLOGIST & PSYCHOTHERAPIST**

M Psych (Clinical Psychology), Adv Dip Gestalt Therapy, MAPS  
A. B. N : 52 520 091 867  
Medicare, TAC, & WorkCover Provider #: 2826652K

**Phone** : 0409 543 341

**Address** : 1B Michael St, Brunswick, 3056

**Email** : info@psychotherapy-centre.com.au

**Web** : www.psychotherapy-centre.com.au

**Fax** : (03) 8677-9698

---

**QUICK SUMMARY FOR PEOPLE SEEKING HELP**

**1-Jul-17**

If you are struggling emotionally, counselling can help.

***What is counselling?***

Counselling focuses on finding ways out of difficult situations, reducing distress and regaining emotional stability. Psychotherapy is deeper than counselling, and usually takes longer.

***Choosing a counsellor***

When choosing a counsellor, I suggest asking yourself whether you like the counsellor enough to share deeply personal things with them.

***At the first appointments***

The first 1-3 counselling sessions usually involve with talking about what is happening in your life - including emotionally. It's also important to hear about what you would like to get out of sessions. I then offer my suggestions about what counselling may look like, so that you can decide whether to continue. The first counselling session also involves completion of an Outcome questionnaire, which is one way progress in counselling will be measured.

***How long will it take?***

Often in talking through problems, some distress lifts. Some people decide that a short piece of counselling is enough – even one to six sessions can help – although this most likely would not be enough to make large and lasting changes. You can decide how much work to do – your intention may not be to resolve all problems, but to complete enough of a “chunk” of work to make a difference. If you are very distressed, the counselling usually takes longer.

***Cost***

- Individual Counselling & Therapy – 50 minute session - \$165
- Up to 10 sessions with Medicare rebate of \$84.80 available if assessed as eligible by a doctor
- Health fund, VOCAT, TAC, & Workcover may assist. No cost to clients with an ATAPS referral.
- If you are unable to attend an appointment that you have booked, please phone at least 24 hours beforehand to avoid a cancellation fee.

***How to get a Medicare rebate or ATAPS referral***

Please see your doctor before the first appointment. They will let you know if you are eligible.

***Confidentiality & Privacy***

Most of what is discussed in sessions is confidential, but there are exceptions. If someone intends to harm themselves or another person I will seek assistance. Personal information that is relevant to your situation will be collected and recorded for the purpose of providing psychological services to you. Please see my Privacy Policy for detailed information.

***More information:*** [www.psychotherapy-centre.com.au](http://www.psychotherapy-centre.com.au)

***How to make an appointment:*** Please ring on 0409 543 341. Appointments are held on Thursdays and Fridays in Brunswick, with after hours appointments available.

**About Anthony.....**



Anthony Jones is a registered psychologist and is skilled in a Gestalt Therapy approach. In a Gestalt approach, change happens through being more fully oneself. Learning through experience is emphasised.

Anthony has many years of experience in the welfare and health sectors, and enjoys successfully helping people bring change to their lives. He has particular skill in working with anxiety, depression, and trauma, and has also worked with people experiencing homelessness and long term unemployment. Prior to working as a therapist, Anthony worked in an industrial sugar mill for 10 years.