

**CLINICAL PSYCHOLOGIST & PSYCHOTHERAPIST**

M Psych (Clinical Psychology), Adv Dip Gestalt Therapy, MAPS

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**QUICK SUMMARY FOR PEOPLE SEEKING PSYCHOTHERAPY**

**1-Jul-2025**

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Psychotherapy can help if you are struggling emotionally, have repeated problems in relationships, have difficulty with direction in life, or feel confused and distressed within yourself.

***Goals of psychotherapy***

The overarching goal of psychotherapy is to come to understand our emotions and use them in helpful ways for our lives. Beyond settling distress and reducing acute symptoms, psychotherapy outcomes can involve building self-acceptance, resilience, agency, emotional regulation skills, relationship skills, or arriving at a clear sense of self. For example, this might involve recovering from trauma, resolving the emotional patterns that produce depression and anxiety, or working through grief and loss.

***Choosing a therapist***

The match between yourself and a psychotherapist is important. I invite you ask yourself whether you feel comfortable enough with the psychotherapist to share deeply personal things with them, and whether their therapeutic approach makes sense to you for what you wish to achieve.

***My psychotherapeutic approach***

My approach is insight oriented and focuses on building emotional skills and capacities. My psychotherapeutic approach is based on understanding the emotional patterns that occur within yourself, and how they play out in your relationships and in your daily life. From this we can gain an understanding of what you might need and what strategies can be used to help. My approach is trauma informed and integrates psychodynamic, neuropsychological, Gestalt, Emotion Focused, and Cognitive Behavioural Therapy perspectives. I practice relational psychotherapy, which means that information drawn from the therapeutic relationship is used as a source of information when relevant.

***Initial assessment phase***

The initial assessment phase lasts 1-3 sessions. During these sessions we talk in detail about your current emotional difficulties, history, and your goals for therapy. By the end of the initial phase I typically arrive at a preliminary sense of what your therapeutic needs might be and offer my thoughts about how we might work on these together. You also get a sense of what my approach is like and whether this matches what you need. Any requirements for therapy to proceed are also discussed, and together we come to an agreement about whether to continue into the therapy phase.

***Therapy phase***

The therapy phase involves meeting regularly (typically weekly, fortnightly or sometimes biweekly) to work on your goals. Progress is reviewed periodically.

***Cost***

- Psychotherapy – 50 minute session - \$230
- Up to 10 sessions with Medicare rebate of \$145.25 (see your GP to discuss eligibility)
- Health funds, TAC, NDIS, DVA may provide financial assistance
- I understand that sometimes appointments need to be rescheduled and I appreciate as much notice as possible. At a minimum, to avoid a cancellation fee please give at least a 24 hours notice.

***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 in person or by video Mondays, Tuesdays, Thursdays and Fridays in Fitzroy North, with after hours appointments available on Thursday evenings. Appointments on Wednesdays are by video only.

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