



Your Informed Consent for Psychological Services

This document provides more detail about your informed consent. If you still have questions, please do not hesitate to speak to me about your concern.

Nature and Purpose of the Service

- For psychological issues: e.g., stress management, anxiety/depression, self-esteem, pain management, adjustment issues, psychoeducation, mental skills, workplace injuries.
 - When you see a psychologist, he/she will collect and record personal information about you. This is essential for a standard of care and for providing the right support.
 - Services may include assessment, counselling, or therapy.
 - Therapy works best when you actively participate — both during sessions and by practicing strategies at home.
 - In the first few sessions, I will evaluate your needs and suggest a more detailed treatment plan.
 - If you feel distress because of the sessions, you can stop therapy at any time. If you feel uncomfortable, you can ask to end a session.
 - As your psychologist I am committed to cultural safety. Please let me know about any cultural, access, or communication needs so services can be tailored to you.
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Access to Your Information

- Your personal information is stored privately and securely.
 - Psychologists must keep your file for at least 7 years, or until you are 25 if you were under 18 at treatment.
 - You can request access to your file in most cases and fees will apply (standard fee per hour plus GST, 30-minute pro-rata increments). Some exceptions apply under the Privacy Act 1988.
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Confidentiality and Privacy

- Your information is private. It will only be shared if:
 - Required by law (e.g., court order).
 - There is a risk of harm to you or someone else.
 - You give consent to share with another professional (e.g., GP).
 - For my clinical supervision your details will be de-personalised so that you remain anonymous.
- I will not interact with you publicly or online to protect your privacy.

Fees and Payments

- The agreed fee is \$_____ per 50-minute session. (For current fees see, byronbaypsychologist.com.au/psychologist-byronbay/about.php).
 - Fees are payable upfront at the time of consultation.
 - If you are eligible for Medicare rebates, you pay the full fee and claim the rebate. I will process your rebate immediately after the session in most cases.
 - Some private health insurance policies may cover psychology services — check with your insurer. Ask for a receipt so that you can make your claim.
 - Workcover consultations have no fees (GP referral & Insurer approval required).
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Medicare Rebates

- Under the Medicare Benefits Schedule (Better Access), rebates are available with a Mental Health Treatment Plan and referral from a GP, psychiatrist, or paediatrician.
 - Rebates cover up to 10 sessions per calendar year. This is a maximum of 6-sessions on the initial referral plus four more sessions with a GP's review, if required.
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Cancellation Policy


- Please give notice of at least 48 business hours to cancel or reschedule a session.
 - Missed or late cancellations may incur a fee of 50% of your standing fee.
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Emergencies

- In an emergency, call 000 or go to the nearest hospital emergency department.
 - For crisis support, you can call Lifeline on 13 11 14.
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Treatment Plan in six phases

1. Introduction – data gathering, informed consent
 2. Clarification – defining your desired outcome, what do you want out of the sessions?
 3. Psychoeducation – the question of “how it works” from scientific knowledge and from mindful observations.
 4. Sustainable strategies – develop the skills from the knowledge of how it works.
 5. Change-making – implement the skills and strategies to realise the desired outcome.
 6. Maintenance – “get the ball rolling in sessions, then keep the ball rolling after sessions.”
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 **This handout is for your information only.** You don't need to sign it — it's here to help you understand the details of your psychological services.