

# INFORMATION PACK

July 2022- July 2023

## *Welcome to The Mind Clan*

### PSYCHOLOGY AND COUNSELLING SERVICES

The Mind Clan is a psychology and counselling practice, offering clinical psychology and counselling services for young adults aged 18 to 35 years. The transition to an independent and self-reliant adult is one of the most dynamic, formative and influential periods of human development. This transition is accompanied by many changes in social, physical and emotional wellbeing, which can bring about a period of turbulence for some. Our team value the importance of a strong therapeutic relationship with each individual and ensure each client is comfortable, supported, and safe to explore their deepest fears and concerns.

Some treatments/therapies that our psychologists offer are:

- Cognitive Behavioural Therapy
- Acceptance Commitment Therapy
- Eye Movement Desensitisation Reprocessing (EMDR)
- Schema Therapy
- Internal Family Systems Therapy
- Mindfulness Based Therapies
- Attachment Based Therapies

Our psychologists/counsellors work with a range of presenting issues including:

- Anxiety
- Addiction problems (drug, alcohol, sex, gambling)
- Trauma-related difficulties
- PTSD
- Depression
- Relationship/familial difficulties
- Stress
- Identity issues

### THE MIND CLAN


#### *locations*

##### **Hawthorn**

Flow

Level 1, 84 Barkers Road,  
Hawthorn, 3122

#### *contact*

 0481 360 993

 [info@themindclan.com.au](mailto:info@themindclan.com.au)

## *What to expect*

### BOOKING IN YOUR FIRST APPOINTMENT

- Before booking your first appointment you will be required to fill in a **new client registration form**. This form asks for basic background information as well as a brief summary of your reasons for seeking treatment. Our psychologists/counsellors will then decide whether they are suitable to support you and will inform you if there may be other services better suited for your presenting difficulties.
- Once you have filled out a new client registration form and have heard back from us, we will then send you some appointment dates or an online link for you to make your own bookings.
- Your first session is called a Clinical Assessment (AKA "getting to know you" session), where your psychologist/counsellor will get to know your current symptoms/difficulties in detail, and will ask lots of questions about your family, social, work/school, and medical/mental health history. This will help your clinician form their treatment plan for subsequent sessions.
- You will be required to bring your Mental Health Care Plan (referral from GP) as well as your medicare card to your appointments in order to access the Medicare Rebate.
- Your psychologist/counsellor will go through the informed consent form (see below) which describes what happens to your information, confidentiality and crisis hotlines.



**"I am not what happened to me, I am what I choose to become." - Carl Jung**

*Schedule of Fees*

JULY 2021 - JULY 2022

**APPOINTMENT COSTS**

<b>Service</b>	<b>Fee</b>	<b>Medicare Rebate</b>	<b>Out-of-Pocket Fee</b>
50 minute consultation (Clinical Psychology)	\$205.00	\$131.65	\$73.35
90 minute consultation (Clinical Psychology)	\$305.00	\$131.65	\$173.35
Phone Consultation	Any phone consult over 10 mins to be charged at session rates	No Rebate	
Home, school or workplace Visit (Clinical Psychologist)	\$265.00 per hour \$185.00 per 30 mins	\$154.00 \$106.00	\$111.00 \$79.00
60 min consultation (Counsellor)	\$80.00	No Rebate	
Cancellation Fee	\$50.00		

# *Schedule of Fees*

JULY 2021 - JULY 2022

## REPORTS & LETTERS

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### Services

### Fees

SEAS report, Special Consideration Letters, etc

\$50.00

Psychological summary report (or letter)

PS1: 16 – 30 mins

\$145.00

PS2: 31 – 45 mins

\$200.00

PS3: 46 – 60 mins

\$270.00

PS4: 61 – 75 mins

\$330.00

PS5: 76 – 90 mins

\$380.00

PS6: 91- 120 mins

\$489.00

Travel Time

TT1: 1 – 15 mins

\$52.00

TT2: 16- 30 mins

\$87.00

TT3: 31 – 45 mins

\$131.00

TT4: 46 – 60 mins

\$174.00

TT5: 61 – 75mins

\$218.00

TT6: 76 – 90 mins

\$261.00

TT7: 91 – 120 mins

\$305.00

Attendance at court of legal briefings

\$401.00 per hour

Clinical file review, photocopying for subpoena or other appropriate purposes

\$145.00 + 0.25c per page over 50 pages in length

# *Informed Consent Form*

JULY 2021 - JULY 2022

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## **Psychological Service**

As part of providing a counselling based psychological service to you, the psychologist will need to collect and record personal information from you that is relevant to your current situation. This information will be a necessary part of the psychological assessment and treatment that is conducted. You do not have to give all your personal information, but if you don't, this may mean we may not be able to provide you with a psychological service.

## **Purpose of collecting and holding information**

The information is gathered as part of the assessment, diagnosis and treatment of a client's condition, and is seen only by the psychologist. The information is retained in order to document what happens during sessions, and enables the psychologist to provide a relevant and informed psychological service.

## **Access to Your Information**

At any stage you as a client are entitled to access to the information about you kept on file, unless the relevant legislation provides otherwise. The psychologist may discuss with you appropriate forms of access.

## **Confidentiality and Exchanging Information**

All personal information gathered by the psychologist during the provision of the psychological service will remain confidential and secure except where:

- 1) It is subpoenaed by a court, or
- 2) Failure to disclose the information would place you or another person at serious and imminent risk; or
- 3) Your prior approval has been obtained to:
  - a. provide a written report to another professional or agency. eg. a GP or a lawyer; or
  - b. discuss the material with another person, eg. a parent or employer; or if disclosure is otherwise required or authorised by law.

## **Use of Emails and SMS text messaging**

- The Mind Clan do not consider emails as an adjunct to therapy and therefore psychological therapy/advice/support **will not** be provided over emails or via SMS.
- Emails and SMS are used only for administrative purposes, as a way to convey appointment changes or for the psychologist/counsellor to distribute worksheets/information sheets related to treatment.
- It is important to be aware that emails, texts and fax communications are **not encrypted** and can be easily accessed by unauthorized people which can compromise the privacy and confidentiality of such communications.
- Please do not communicate confidential or private information via emails, texts or faxes.
- Please provide our psychologists/counsellors up to 3 business days to respond to your text or emails.
- Email and texts are **not** an appropriate means of communicating an emergency with your psychologist/counsellor.

### Mental Health Emergencies and Crises Services

Please remember that The Mind Clan is a private practice **not a crisis service**; therefore if you require urgent and/or immediate mental health assistance please contact one of the appropriate numbers below:

- **Mental health Triage – Alfred Health**
  - 24 hours 7 days a week
  - For mental health crises and emergencies.
  - 1300 363 746
- **Triple Zero**
  - 24 hours 7 days a week
  - For immediate/urgent mental health emergencies
  - 000
- **Lifeline**
  - 24 hours 7 days a week
  - Provides Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.
  - 131114
- **Beyond Blue**
  - Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live
  - 1300224636
- **Directline**
  - 24 hours 7 days a week
  - Drug and alcohol support and information.
  - 1800 888 236
- **Kids Helpline**
  - 24 hours, 7 days a week
  - Private and confidential 24/7 phone and online counselling for young people aged 5 to 25.
  - 1800551800

### Clinical Psychology Fees

The cost of a **50 minute** clinical psychology consultation is **\$205.00** If you have a current and valid mental health care plan from your GP you will be rebated \$131.65. You must pay for your session in **full** \$205.00 and then you will be rebated \$131.35 back from Medicare. If you do not have a current or valid mental health care plan you will be charged the full amount of \$205.00.

Please note, if you have private health care insurance, you cannot claim both the Medicare and Private Health Insurance rebate for the same session. You will need to choose which you prefer.

	Fee	Medicare Rebate	Out-of-Pocket Fee
50 minute consultation (Clinical Psychology)	\$205.00	\$131.65	\$73.35

### Psychological report fees

All psychological reports/letters including special consideration forms incur an additional fee. Please request a fee schedule from your psychologist if a letter/report is required.

### Court Attendance

Our psychologists do not attend court/legal briefings as this is outside of their scope of competence. If this is required, please seek a clinician who specialises in this area.

### Cancellation Policy

The Mind Clan requires at least 24 hours' notice for cancellations. Cancellations with less than 24-hours notice and 'no shows' will incur a cancellation fee of \$50.00.