



## Providence House

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[www.providencehouse.com.au](http://www.providencehouse.com.au)

We are currently in the midst of Mental Health Month with International Mental Health Day being recognized on 10<sup>th</sup> October and last week during Queensland Mental Health Week individuals, organizations and activities that promote better mental health in our community were acknowledged and celebrated. Now it is very important for each of us to continue the ongoing commitment to support the mental and emotional wellbeing of ourselves and others. The statistics are not good on the mental health of Australians. In any one year, one in five adult Australians and one in seven children aged 4 to 17, will experience some form of mental illness. One in three Australians will have a mental illness in their lifetime, so there is much to do.

### Introducing a New Clinical Psychologist



**Deb Worboys** is a Clinical Psychologist who provides assessment and treatment services to older adults, adults, families and adolescents. She has studied both Psychology and Physiology at undergraduate, graduate and doctoral level. She understands the importance of mind-body connection and taking a holistic approach to both physical and psychological well-being. She aims to create a nurturing, growth-conducive environment for each-and-every individual she works with. Deb brings sound clinical skills, psychological insight as well as sense of fun to the therapy room.

Over the past decade Deb has developed significant experience in health psychology and has a special interest in anxiety disorders, mood disorders, change and adjustment issues, pain, weight (obesity and over-eating) and health management. Her roles have included providing EAP assistance and has had significant experience in Critical Incident Management Services, psychological intervention in the areas of work-related stress and performance, grief and loss, balancing family and work responsibilities.

### New Group Participants Welcome - Call to register your interest

- ☒ Positive Health & Wellbeing Group meets fortnightly on Wednesday
- ☒ Men's Group meets fortnightly on Thursday
- ☒ **New** Women's Circle Career focus group to meet once per month

Never give up on someone with a mental illness.

When "i" is replaced by "we", "illness" becomes "wellness".

### New Medicare Options for Psychological Services

We would like to remind  
**GPs, Psychiatrists & Paediatricians**

that referring a patient for psychological intervention at the time can enable more adequate and consistent psychological intervention as patients are entitled to **10 individual and 10 group Medicare sessions before 31 December 2017 and become eligible for a further 10 Medicare sessions on 1 January 2018.**

This will also apply for the new **Medicare Telehealth psychology** services available from 1 November for those living in rural and remote areas.

### Providence House

is located in the inner Brisbane suburb of Spring Hill. It is a quiet and peaceful place offering psychology and allied health services.

## Compassionate Care Approach to Health & Wellbeing

Research can teach us about effective ways of treating mental health conditions, but of greater importance, experience has demonstrated that it is the way in which the treatment is delivered that can have a significant impact on the course and effectiveness of patient recovery and well-being, and growth towards meeting individual potential.

For most health professionals **compassion, empathy and respect** are core values and viewed as integral to their caring role. However, there is growing evidence to support the view that focused and intentional compassionate care can also have a direct impact on health outcomes when applied beside the best-practices assessment and treatment protocols for mental health services. Providence House practitioners are committed to promoting Compassionate Care in all services that they provide.

### The principles of Compassionate care include

- engaging empathy to understand the distress and needs of the client;
- using communication to build trust and increase knowledge;
- developing an understanding for the strengths and resources that can be accessed by the individual, and
- building collaborative relationships between the practitioner, client, family members and others in the support network.

This approach often has the added benefits of reducing anxiety strengthening the commitment to engaging in treatment, utilising personal resources to achieve better outcomes.

The research also shows that care of and between practitioners is an important component of Compassionate care. Each practitioner is recognised for their unique set of knowledge and skills, and efforts are made to provide the practitioners with opportunities to share knowledge, skills and resources to provide best care their clients. This includes all practitioners maintaining work in other settings outside of Providence House.

## Complimentary Services

- ☑ **Career Advice** This time of year is important for anyone considering future options, including work and training options. **Dr Judy Beausang** offers and comprehensive strengths-based approach to career counselling. Initial fee \$200 including a free follow-up consultation
- ☑ **Play Therapy** is a well-evidenced therapeutic approach for children experiencing emotional distress, life changes and/or the impact of trauma. **Deanna Wainwright** an occupational therapist with a specialization in play therapy is available to assist
- ☑ **Educational Assessments** are important part of educational planning for student with learning difficulties. At this time of year a comprehensive assessment assists in planning for the new year. Reduces fees are available for assessments undertaken by Providence House Interns
- ☑ **Hourly Consulting Room Rental** is available for professionals . See Counselling Rooms On Line [www.counsellingrooms.com.au](http://www.counsellingrooms.com.au)

## Our practitioners include

Clinical Psychologists

Counselling Psychologists

Educational & Developmental Psychologist

Occupational Therapist & Play Therapist

Career Advisor

Multilingual Practitioners  
(Japanese & Spanish)

Children, adolescents and adults experiencing a variety of mental health and developmental issues can access assessment services, therapeutic interventions and ongoing support and guidance in healthy living and life choices.

You do not need a referral from a doctor to see one of our practitioners. Private health insurance or your employer's Employee Assistance Scheme may be available for some services.

If you are referred by a GP, psychiatrist or paediatrician, financial assistance may be available under Medicare, Dept of Veterans' Affairs, or Metro North PHN BrisbaneMIND, and if you have a Health Care or Pension Card services you may be eligible to be bulk-billed.

Please talk to us for more information.



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online bookings available