



Providence House

341 Gregory Tce, Spring Hill Q 4000

Ph 3831 3936 Fax 3831 6526

www.providencehouse.com.au

The National Disability Insurance Scheme (NDIS) is the new way of providing disability support.

The NDIS provides all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life. The NDIS will help people with disability achieve their goals. This may include greater independence, community involvement, employment and improved wellbeing.

Recently residents in the Brisbane area have begun accessing the funding for disability support through the NDIS. Some of the clients have been making applications and preparing plans that include support services offered by the practitioners at Providence House. Therefore, I would like to advise that Providence House is now registered to provide services under the NDIS. Psychological and Occupational Therapy services include assessment, individual and group therapy to support clients with physical, intellectual and mental health disabilities.



Please talk to us if you would like more information

Located in the inner Brisbane suburb of Spring Hill Providence house offers psychology & allied health services to children, adolescents, adults, families and couples.

Practitioners

- Clinical Psychologists
- Counselling Psychologists
- Educational & Developmental Psychologist
- Occupational Therapist & Play Therapist
- Spanish Speaking Practitioner

Children, adolescents and adults experiencing a variety of mental health and/or educational/developmental issues can access assessment, therapy and ongoing support and guidance in learning, healthy living and life choices.

You do not need a referral from a doctor to see one of our practitioners. NDIS funding, Private Health insurance or your workplace 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.

All services provided by provisionally registered psychologists are provided under supervision & at reduced rates.

Services for Children, Adolescents and Families

- ☑ **Educational & Developmental Assessments** are an important part of educational planning for students with learning difficulties. A comprehensive assessment helps parents and teachers to understand a child's development and their current strengths and challenges, they can assist in developing effective home and classrooms strategies to support growth and learning.
- ☑ **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 understands how severe emotional distress can impact on a child's capacity to manage their emotions, build healthy friendships and optimise learning.
- ☑ **Child-focussed Individual & Family Therapy** involves engaging both the child and family members in learning new ways to cope with internalising (emotional) difficulties, and/or externalizing (behavioural) difficulties
- ☑ **Parenting Group Program** is a six-week program that focusses on developing parenting skills and maintaining the mental and emotional wellbeing of parents and carers. **Expressions of Interest are currently being accepted**

Services for Adults and Couples

- ☑ **Mental Health & Functioning Assessments** provides a greater understanding of the severity and impact of mental health issues on a person's ability to engage in the necessary tasks of daily life. An assessment can assist in accessing appropriate treatment and support services.
- ☑ **Individual Therapy** All practitioners are trained to provide a variety of effective evidence-based therapeutic interventions including CBT, ACT, IPT, Schema Therapy and Neuropsychotherapy to assist individuals to achieve greater emotional health and wellbeing. Treatment approaches and plans are developed to address the individual concerns and goals of each client.
- ☑ **Trauma-focussed Therapies** Recent developments in the understanding and treatment of trauma has prompted practitioners to extend their training in various modalities of trauma-focussed therapies. These include Cognitive Processing Therapy (CPT), EMDR, Art Therapy and Sensorimotor Therapy.
- ☑ **Couples and Relationship Therapy** is available for those seeking to improve the quality of their relationships. Some practitioners have now achieved advanced training in Gottman Relationship Therapy
- ☑ **Group Programs** are scheduled throughout the year to support clients who are attending individual therapy. The program is based on the evidence-based positive psychology framework which promotes and supports healthy mind and body, healthy relationships, positive engagement in daily life tasks and finding your place to contribute to the wellbeing of the wider community.

PRACTITIONER NEWS

Jorge Ruiz has gained full registration with AHPRA and is now offering services under Medicare. He continues to support the Spanish Speaking Community in Brisbane by providing services in English & Spanish.

Wendy Taylor completed the requirements for Counselling Psychologist endorsement with AHPRA and is extending her services at Providence House to include day and evening clients on Wednesday, Thursday and Saturday.

Genevieve Swee, Registered Psychologist & Clinical Registrar commences at Providence House on Mondays & Tuesdays. Genevieve is a warm and passionate young professional and is experienced in working with all mental health disorders.

Janet Stalewski has joined the team as the resident Intern/Provisional Psychologist, offering assessments and treatment under supervision. She also supports the individual work of the other practitioners by providing additional assessments and targeted interventions to extend the effectiveness of treatment offered under Better Access. Janet can also provide NDIS services.