



Providence House Psychology

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Welcome to 2021, the year that follows a year of increased mental health demands as a result of COVID-19 awareness. At this time we would like to invite those doctors and others who refer clients to Providence House to review our current offering of psychological services in light of the changes that occurred throughout 2020.

Introduction of individual Telehealth Services for All Australians As COVID-19 restrictions commenced across Australia Medicare opened Telehealth to be accessible nationwide for psychological treatment services.

Our observations as a group identified that clients remained engaged in treatment despite the restrictions of accessing in-person consultations, and treatment progressed more smoothly without the interruptions of having to navigate public transport, parking restrictions, and waiting room transitions. A resulting consequence of this was that treatment was addressing both the positive engagement of treatment and increasing anxiety of the impact of Covid-19. Telehealth services were then able to be extended to include participants of NDIS and Employee Assistance Programs. Qld-NSW state border restrictions remained most of the year and telehealth consultations was the main mode of service delivery. It was only with the widening of 'the bubble' that in-person services resumed in Tenterfield, NSW.

As time progressed and restrictions eased psychologists were able to make individual assessments about the most appropriate and effective service – telehealth or in-person consultations. Notably similar data published by the APS mirrored these same observations and experiences of our psychologists and clients.

Additional Medicare Services Consequently the utilization of Medicare funded sessions were being used much faster than previous

Making an Appointment

No Referral is necessary & Private Health Insurance may provide part payment

However, a referral from
**GPs, Psychiatrists, and
Paediatricians**
under a

Mental Health Care Plan
provides

**20 individual & 10 group
sessions per year during the
period of COVID-19 recovery**
which receive a rebate from
Medicare

**Consultations are offered In-
Person and via Telehealth
(video-link or telephone)**

*Those with a Mental Health Care
Plan & HealthCare Card maybe
eligible for reduced fees.*

Psychological Services Available to Rural & Remote

We would like to advise that all
practitioners are available to
take referrals for
TELEHEALTH Services.

Face to face services
are also available at
Tenterfield, NSW

**Please call for more
information.**

Upcoming Events

January 12

Re-Open for 2021

February 15

Positive Health Group
Commences

Assessments

Treatments

Supervision

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years. By September we were grateful to the Australian Government for the extension of a further 10 individual psychology services per year for the next 2 years to be able to provide continuous care to those needing ongoing treatment.

Development of New Approaches to Psychology Services:

The introduction of universal telehealth services during the initial COVID-19 restrictions meant an accelerated attempt to consolidate on-line services that we had previously attempted to introduce

- ❖ **Online Assessments** Educational and Developmental assessments form a significant component of the services offered by both the general and Educational & Developmental Psychologists. Covid-19 restrictions prevented children attending from local and rural areas for assessments. More assessments were offered via licenced online services and for cognitive and other functional assessment there was the possibility to utilise a non-motor assessment of IQ and academic achievements. We thank parents and teachers who assisted as on-site facilitators, as required.



- ❖ **Group Programs** Unfortunately Medicare was unable to offer to universally funded online group sessions during COVID-19 restrictions, however we quickly realised that it was the women in the Positive Health & Emotional Wellbeing Group who were particularly feeling the isolation and disconnection from each other after working hard to make connections and contribute to the wellbeing of others. Consequently, we kept and increased our connection with this group through offering online group meetings. These were well attended despite the difficulties that this mode offered.



- ❖ **Supervision** This method of connecting has now been utilised to keep in contact with our practitioners for supervision and training despite where they are, as well as being able to continue to offer supervision services to provisional psychologists and registrars.

- ❖ **Young Adult Online Group**



As a result of the positive experience of offering online group sessions a new group introducing and supporting young adults with social anxiety and those with associated difficulties such as ASD and depression is planned for 2021 after the successful meetings between young people in rural NSW. New referrals will be accepted for this group.

Newly Registered Psychologists available to receive referrals. Both Janet Stalewski and Patricia (Trish) Carroll completed their internships in October 2020 and are now fully registered psychologists with AHPRA and Medicare. Both have decided to continue to practice from Providence House. These two psychologists have developed experience and expertise in different developmental

stages of the life span whilst also achieving knowledge and competency in general psychology practice:



Janet

❖ **Janet Stalewski** works with children and young people with cognitive and developmental concerns, such as ASD, ADHD, Learning Disorders and social-emotional concerns. She offers psychological assessment, diagnosis and treatment planning and interventions to support children, parents, and teachers.

❖ **Trish Carroll** has had many years of counselling experience in working with adults experiencing challenges and transitions in their mature and later years of life. Trish also provides psychological interventions for adults in residential care, and families experiencing the stress and grief of changes in their loved one's capacity.



Trish

Continuing Psychologists



❖ **Shannon Quinn** – generally registered psychologists who is developing his knowledge and skills in delivering neuro-feedback interventions, working with children and young people living in difficult family circumstances and NDIS participants

❖ **Wesley Felsman** – generally registered psychologist who works with adults experiencing mental health concerns, such as anxiety, depression, work related issues, relationship difficulties



❖ **Jorge Ruiz** – generally registered psychologist whose areas of interest are Men's Mental Health and providing services to Spanish-speaking people



❖ **Wendy Taylor** - AHPRA Endorsed COUNSELLING Psychologist and Supervisor, who works with all age groups including those with histories of trauma and family relationship difficulties. Wendy offers supervision for registered and counselling Psychologists and Counsellors. She is continuing her advanced training in EMDR, Schema and Sensorimotor Art Therapy.



❖ **Deb Worboys** – AHPRA Endorsed CLINICAL Psychologist who works with adults experiencing anxiety, depression, and trauma related conditions. Deb has trained as a Neuro-Psychotherapist with advanced skills in EMDR and Internal Family Systems

❖ **Christina Hully** – Clinical Director and AHPRA Endorsed CLINICAL, COUNSELLING and EDUCATIONAL & DEVELOPMENTAL Psychologist working with people across the life span and providing SUPERVISION services to provisionally registered, registrars and fully registered psychologists



All practitioners are accepting referrals, however at times there may be a waiting period to see specific psychologists. If a person is referred to PROVIDENCE HOUSE, the referral will be allocated to the most suitable practitioner with the shortest waiting time.