

## Clinical Psychology Services

### What is Clinical Psychology Services?

Clinical Psychology Services is linked with Cardio Respiratory Sleep (CRS). This service offers evidence-based psychological treatment for a range of psychological problems. Clinical Psychology Registrar, Henry Austin, specialises in treating physical health conditions that have an underlying psychological contribution or which impact psychological wellbeing. These include sleep problems, adjusting to CPAP (Continuous Positive Airway Pressure) therapy, depression and anxiety, stress management, substance use and addictions (including smoking), persistent pain, and difficulty adjusting to a significant illness. Henry aims to create a warm and supportive environment, and provide treatment which is collaborative, engaging, and respectful.

### What is Clinical Psychology and how can it help my health?

Clinical Psychology is a specialist area of psychology which focuses on how our thoughts, emotions, and behaviour impact our health. Your mind and body are designed to work closely together, so there are strong links between your psychological and physical health. For example, when we are stressed, our immune system does not work so well; when we are feeling anxious, our body gets us ready to fight or run away, keeping us from falling asleep at night; and when we are sad or depressed, we feel more pain (have you ever stubbed your toe when you are having a bad day?). It works in the other direction too – when our physical health is compromised, we can become stressed, anxious or sad. These emotions, as we have learned, could further affect our immune system, sleep, and pain (just for example)! You can see that your psychological and physical health are entangled with one another. Clinical Psychology can be used to disentangle these complicated relationships and provide you with concrete strategies to improve your psychological and physical wellbeing.

### Who comes to the Clinical Psychology Services?

This service offers treatment to individuals, families and groups. Henry sees clients of all ages, including older adults and children. Group treatments for certain problems run periodically and provide an opportunity to learn and make positive changes alongside those experiencing the same or similar difficulties. We encourage you to enquire about these group treatments by contacting CRS on 1300 130 930 or [adminteam@cvs.net.au](mailto:adminteam@cvs.net.au)

### What happens at the clinic?

Once you have provided a referral form, your name will be placed on a waitlist and as soon as a psychologist is available you will be contacted to arrange an initial appointment. The duration of this initial appointment will be 50 to 90 minutes long. It will consist of an interview and some questionnaires. After the initial assessment, you and your psychologist will develop a treatment plan together and arrange further treatment sessions if

appropriate. Treatment sessions are typically 50 minutes long and are individualised to your specific experiences and problems.

Length of treatment varies case-by-case, with a typical treatment course of approximately 8 sessions. If more (or less) sessions are required, this can be arranged between the client and Henry.

All client information is kept securely and confidentially. Everything that is said between you and Henry stays within the bounds of the clinic. The clinic staff will safeguard your confidentiality and your relationship with the clinic will not be revealed to anyone without your written consent. However, under certain circumstances, the clinic may be legally or ethically obligated to release information. These circumstances are: (i) if there is suspected abuse (physical, sexual or neglect) of children, the aged, or the disabled; (ii) if there is the possibility for the client to harm themselves (e.g., suicide) or others; or (iii) if a court order compels us to release information. In instances where a client threatens homicide, we may be required to notify the intended victim and police. Likewise, if a client is thought to be a high risk of suicide, family and/or relevant treatment services may need to be notified to provide the appropriate care.

This service provides treatment in accordance with the Australian Psychological Society (APS) Code of Ethics, available at:

<https://www.psychology.org.au/getmedia/d873e0db-7490-46de-bb57-c31bb1553025/APS-Code-of-Ethics.pdf>

### When is the clinic open?

Thursdays and Fridays at CRS Nedlands (Suite 13, Hollywood Specialist Centre, 95 Monash Avenue, Nedlands, WA, 6009).

### What are the fees for the service?

All individual consultations are \$150.00 per session, with a Medicare rebate of \$86.15 where applicable.

Henry is able to conduct group therapy sessions, for more information please contact the team at CRS.

### How do you make an appointment?

To make an appointment to see Henry Austin, please call CRS on 1300 130 930 or email the team at [reception@sleepcrs.net.au](mailto:reception@sleepcrs.net.au). In order to attract a Medicare rebate, you will need to obtain a referral from your GP.

### Correspondence with your referring doctor:

A confidential report summarising your presenting problems and intended treatment plan is provided to your referring doctor within 7 days, after completion of your initial assessment and at completion of treatment. If there is something you wish to be excluded from this correspondence, you may request this during your initial assessment session. If you wish to obtain a copy, please ask permission from your referring doctor.