

CIS Clinical Psychology Services

What is CRS Clinical Psychology Services?

CRS Clinical Psychology Services offers evidence-based psychological treatment for a range of psychological problems. Clinical Psychologist, Henry Austin, has broad experience working with depression, anxiety, substance use, persistent pain and trauma. He has a special interest in long-term, complex mental health problems. Our service also provides special programmes for sleep problems including insomnia, frequent nightmares and adjusting to Continuous Positive Airway Pressure (CPAP). Henry aims to create a warm and supportive environment, and provide treatment which is collaborative, engaging and respectful.

Who comes to the CRS Clinical Psychology Services?

Our service sees adults and children aged 13 years and up. 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.

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 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 as necessary.

How is confidentiality safeguarded?

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) when there is an immediate and specified risk of harm to an identifiable individual which can only be prevented by disclosure of confidential information; or (ii) if a court order compels the release of information.

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?

Thursday and Fridays at CRS Nedlands:
CRS Nedlands – Suite 13, Hollywood Specialist Centre, 95 Monash Avenue, Nedlands, WA, 6009.

Wednesdays at CRS Leeming:
CRS Leeming - Suite 3, 73 Calley Drive, Leeming, WA, 6149.

Alternate Tuesdays at CRS Joondalup (Suite 205, Specialist Medical Centre (West), Joondalup Health Campus, Cnr Shenton Ave and Grand Blvd, Joondalup WA 6027) and CRS Inglewood (826A Beaufort St, Inglewood WA 6052).

What are the fees for the service?

All individual consultations are \$250.00 per session, with a Medicare rebate of \$129.55 where applicable.

What is the cancellation policy?

Attending each scheduled appointment is important for therapy continuity and will help you get the most out of your sessions.

In unforeseen circumstances, please provide a minimum of 48 hours' notice (2 working days). This allows the chance to fill the cancellation with clients who have been waitlisted.

A full cancellation fee is charged for less than 48-hour notice or if you miss an appointment, which is not able to be rebated via Medicare or Health Funds.

How do you make an appointment?

To make an appointment with Henry Austin, please call CRS on 1300 130 930 or email reception@sleepcrs.net.au.

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.