



PSYCHOLOGISTS & COUNSELLORS

172 Majors Bay Rd, Concord, NSW 2137

ph: 02 9736 2721 – fax: 02 9736 3688 – email: info@psychmatters.com.au – www.psychmatters.com.au

COUNSELLING/PSYCHOTHERAPY APPOINTMENTS

Counselling gives you suggestions or advice. *Psychotherapy* uses specific techniques with the intention of possibly modifying how you view yourself, your world and your options so that you can figure out the direction to go in order to get what you want.

“We all do the best we can do until we are stronger, wiser, willing and ready to do better.”

What the psychologist will appreciate that you can do:

- 1 Please keep any appointment which you make, unless an emergency occurs. Psychotherapeutic hour is 50 minutes and time is valuable. If you need to cancel or postpone your appointment, **please give at least 48 hours notice**, otherwise you will be charged the cost for the session if it cannot be filled subsequently.
- 2 Be on time. One late person causes a domino effect!
- 3 Tell the psychologist anything which you think is important. If important thoughts occur to you between sessions, write them down and bring it in.
- 4 You will be given certain homework to complete between your counselling sessions, such as daily relaxation practice. Doing your homework will speed up your recovery and make it more long lasting.

What the psychologist can do that you will appreciate:

- 1 Carefully define the problem which is troubling you
 - 2 Shape a management plan of goals whilst considering your individual circumstances and your background.
 - 3 Give you an approximate estimate of the number of sessions and the costs which will be required for psychotherapy
 - 4 Give you a referral to a suitable professional, if this is required
 - 5 Minimize distractions whilst you have an appointment
 - 6 Give you feedback about your progress
 - 7 Respect your confidential information. This means that the psychologist will not be able to give your friends or relatives any specific details of your welfare unless you have given permission to do so.
 - 8 Take a professional interest in your welfare and progress.
- Please note that Registered Psychologists are bound by a professional code of ethical behaviour which limits confidentiality and are legally bound to disclose information reported to them regarding criminal behaviour.
 - Should you not feel in “sync” with one psychologist please shop around instead of thinking “therapy doesn’t work”. To make a good decision on the efficacy of a therapist work with them for least 3-4 sessions



APS Psychologists