

Areas of Assistance

Our practice offers assistance in a variety of areas:

- Adults & Young People
- Alcohol and Drugs
- Anger management
- Anxiety
- Assertion Training
- Childhood Disorders
- Child Behavioral Problems
- Communication skills
- Conflict Resolution
- Depression
- Family issues
- Health Concerns
- Interpersonal skills
- Leadership and management
- Mental Illness
- Motivation
- Obsessive Compulsive Behavior
- Pain
- Parenting
- Phobias
- Pregnancy Support
- Problem solving
- Professionals' Support
- Relationships
- Self care
- Self-esteem and well-being
- Sleep
- Stress management
- Trauma and critical incidents
- Work-life balance

Specialty Services

- Cognitive Behavioral Therapy
- EMDR
- Organizational Consultancy
- Rehabilitation
- Training
- Trauma Interventions

Medicare and Health Rebates

Medicare and Health fund rebates are available for psychological services.

Medicare

Allows up to 10 individual sessions and 10 group sessions a year. To be eligible for Medicare rebates a referral with a Mental Health Care Plan is needed from your doctor. You may need a longer than normal appointment with your doctor to complete this, so let them know when booking. NB: A Clinical Psychologist, give a higher Medicare rebate (124.50) than a psychologist (84.80). You cannot use Medicare and then claim the difference on private health insurance.

Medicare lodgment is available at reception. This means that on paying your fee, the rebate is automatically processed and sent to your bank account (allow 1-2 working days).

Private Health

Rebates are all different depending on which health fund you are in. If you wish to pursue a rebate on your private health fund, simply give them a call and see what you are entitled to.

Employee Assistance Programs & Other Programs
Potential Self are a provider for several services such as WorkCover, VVCS, DVA, and other organizations. If you are unsure about your eligibility options, please do not hesitate to ask.

Video Conferencing Available

Please inform our friendly staff if you wish to book for a tele-health or video conference and they will forward information on how the process will occur so it will run smoothly for you on the day.



**Get your life
back on track,
and be all you
can be.**

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What is counselling?

Counselling assists you to further gain understanding about the issues you are experiencing and provide you with effective tools and support to deal with them. It provides this in an independent and non judgemental way.

Is it OK to see a Psychologist?

Yes most certainly. More people are beginning to recognize the assistance that counselling may offer when dealing with both work and personal issues, whether it be for minor or more in depth matters. You are not 'crazy' to seek the services of a psychologist, you are taking the steps to manage your life effectively.

Seek the right support

You would not ask your neighbour to check and treat your broken leg, you see a Doctor. Why, because they know what they are looking for and are trained to treat you properly. Just like a Doctor, Psychologists are professionals trained to know what to look for and provide the best treatment to aid your circumstances. Be aware that backyard help can be more damaging than good.

Please note that you do not have to have qualifications to call yourself a counsellor or psychotherapist. You do need qualifications to call yourself a social worker or psychologist. If you intend to seek counselling, always check the persons' qualifications and experience.

About your Psychologist

Before a psychologist can provide counselling they must be registered with the Psychologists' Registration Board of Australia (APHRA). Psychologists may also be a member of the Australian Psychological Society (APS), which is the largest professional association of psychologists in Australia. Dr Kim Cheshire is registered with both.

What to expect

When you first call you will be greeted and offered assistance with making a booking or inquiry. At this point fees and rebates may be explained to best support you.

At your first visit, on arrival you will be greeted and asked to complete some paperwork, so we have some basic contact details and understanding of how you are travelling. So coming 20 minutes before your appointment, will give you time to complete this without pressure.

Your psychologist will meet with you in a confidential and comfortable environment and will allow on average up to 45 - 50 minutes per session.

Your first session will involve discussing your circumstances, enabling the psychologist to gather information to determine how best to assist you. At the end of the session, the psychologist will give you an idea of what sort of options may be open to you to support your needs.

Ongoing sessions with the psychologist aim to provide you with learning new tools and/or strategies to assist your circumstances. Your psychologist may attune the support they are giving you in align with the circumstances you find yourself in at the time of the visit. At other times they may follow a specific plan for support. Both approaches will always work towards your over riding needs.

Our service aims for you to be treated in a non judgemental manner, with respect to you, your cultural background and traditions.

Confidentiality

In general circumstances personal information discussed with your psychologist will not be disclosed to anybody without your prior permission.

Under certain conditions your psychologist may be obliged to inform others of your information where:

1. It is subpoenaed by a court, or
2. Failure to disclose the information would place you or another person at serious and imminent risk; or
3. Your prior approval has been obtained to
 - a) provide a written report to another professional or agency. eg. a GP or a lawyer;
 - or
 - b) discuss the material with another person, e.g. a parent or employer;or if disclosure is otherwise required or authorised by law.

As part of providing our service, personal information is collected and recorded as a necessary part of the psychological service. You may obtain information about this recorded material upon request.

