



## Practice for Integrative Clinical Psychology & Authentic Change

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Clinical Psychologist

Over the past 16 years it has been my privilege to support people from all walks of life in their very human endeavor to live healthier and happier lives. What has become clear in thousands of hours of assisting clients is that whatever the obstacle in life, there is always a way through.

My clinical practice is dedicated to the possibility of peoples' authentic and lasting change and my expertise is to accompany them effectively from a place of struggle and being stuck towards a more enjoyable life that they find worth living.

### **A few words about psychotherapy...**

To engage in a process of change and the sometimes necessary transition, to face the discomfort of problems and issues which at times appear to be almost overwhelming and then to turn a personal crisis around, maybe even into a blessing, is a very personal affair which requires a great amount of willingness, trust, and often a lot of courage. I therefore believe every human being who embarks on such a journey deserves more than a mere textbook approach.

I believe that beyond all schools of therapy, approaches and strategies of contemporary psychotherapy it is more than anything the human relationship which counts. It is the human element in us which has the potential to make a real difference. Therefore I decided many years ago to put the human relationship at the centre of my service. A broad blend of approaches can and will be applied, but it's the context of the human relationship in which this happens that the techniques' real effectiveness is revealed.

As a clinical psychologist and psychotherapist I offer you a confidential, safe and mindful space in which I accompany, assist and support you on your unique journey towards more happiness which I believe is your birthright. In my encounters with people I am often surprised and impressed anew at the great uniqueness expressed and yet the very simple aspirations we all share.

### **Therapeutic approaches and tools my clients and I have found most helpful include:**

- mindfulness informed Cognitive Behavioural Therapy (CBT) and Mindfulness/ Acceptance and Commitment Therapy (ACT)
- Integrative Systemic Therapy
- Solution-Focused Therapy
- Hypnotherapy
- Emotional Focused Therapy (EFT)
- Neuro-Linguistic Programming (NLP)
- Systemic Family Constellation Therapy (in individual and optional group setting)
- Psycho-education
- relaxation techniques incl. progressive muscle relaxation, breathing, light trance work and others
- as a German-born psychologist I also offer psychological therapy in German

**About rebates:**

As a registered Clinical Psychologist and allied health professional with a Medicare provider number I can offer health rebates if you come with a diagnosable mental health problem and a referral from a GP as part of a Mental Health Care Plan. According to the Medicare regulations you are eligible for initial 6 sessions (+4 after a process review with your GP) per calendar year. At the moment the Medicare rebate for individual psychological therapy is \$124.30 per session. Alternatively, if you have a private health insurance you might be able to claim part of the session fee as well depending on your insurance plan. Feel free to approach me should you have further questions or see your GP for further information.

If your financial resources are limited but you have a genuine desire to work with me I also offer concessions within reasonable limits.

**My experience and expertise is in working with clients from all walks of life and a diversity of cultures in the area of mental health and personal-growth. Issues include:**

- mental health issues and psychological disorders of all kinds
- psycho-somatic illness incl. unexplained somatic complaints
- pain management
- eating disorders (incl. anorexia nervosa, bulimia, obesity and others)
- unresolved grief and bereavement
- fertility issues
- post natal depression
- stress management and life-work balance issues
- identity, self worth and confidence issues
- life path crisis and personal growth
- addictive behaviour and substance abuse (incl. pornography addiction, internet/ gaming addiction and others)
- couples, relationship & marriage counselling
- unresolved family issues
- parenting issues
- sexual difficulties
- and others...

**Fee Structure (Medicare rebates apply)**

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| • Single session @ 50 min.   | \$190 |
| Health Care Card holders, pensioners and clients with financial difficulties | \$160 |
| • One-to-one supervision @ 60 min.   | \$190 |
| • Group supervision @ 60 min.  | \$270 |
| • Systemic Family Constellation Group Workshop (2 days)                      | \$320 |

Feel free to visit my website for more information.