

Referral Guide: CoMET Trauma Recovery Group

Evidence-Based Group Psychological Therapy

Dear Colleague,

To ensure your patient can access the **CoMET Program** and receive the appropriate Medicare rebates, please include the following details in your referral.

The Referral Framework

For the patient to complete both the intake process and the full 8-week program, the referral should specify:

- **Initial Assessment:** One individual session for intake and suitability assessment.
- **The Group Service:** "Long-duration Group Psychological Therapy."
- **Medicare Item Code: 80024** (Required for 120-minute sessions).
- **Quantity: 8 group sessions** (Group referrals can be referred for a maximum of 10 sessions in a single referral, unlike the 6-session limit for individual therapy).
- **Individual Therapy:** Medicare provides 10 Group Therapy sessions per calendar year in addition to the 10 individual sessions. Referring to CoMET will not exhaust the patient's individual therapy balance. Your patient can also continue working with their individual therapist alongside group if they wish to.

Recommended Referral Wording

"I refer [Patient Name] for 1 individual session (Intake/Assessment) and 10 sessions of Group Psychological Therapy (MBS Item 80024) for the CoMET Program. A Mental Health Treatment Plan is in place."

Medicare Benefits for the Patient

- **Clinical Psychologist Rebate:** As this is a Clinical Psychologist-led group, patients are eligible for the highest tier of Medicare rebates (i.e., \$70.05 per group session; Out-of-pocket = \$104.95 for each 2-hour group session).
- **Trauma-Informed Stabilisation:** The program focuses on regulation and integrating back into day-to-day activities that the patient may have started avoiding since the trauma. There will be no trauma disclosure, making it a safe, evidence-based adjunct to your patient's ongoing care.

Program Overview

- **Format:** Small group (4–8 participants).
- **Duration:** 8 weeks (2-hour weekly sessions).