



Mind Mode Services 2022

Counselling Services List	Cathy	Helena	Marie-Clare	Melinda	Aiisa	Rebecca	Steve	Sarah H	Candice	Hilary
Title	Principal Psychologist Clinical Registrar	Clinical Psychologist	Psychologist	Doctorate Clinical Psychologist	Psychologist	Clinical Psychologist	Psychologist	Psychotherapist Clinical Counsellor	Provisional Psychologist	Provisional Psychologist
Rebates/Covers available: (Please note all practitioner's can be seen privately)	Medicare NDIS - Self Managed EAP - (Check with provider) Private Health Workers Compensation	Medicare NDIS - Self Managed EAP - (Check with provider) Private Health	Medicare NDIS - Self Managed Open Arms EAP Private Health	Medicare NDIS - Self Managed EAP Private Health	Medicare NDIS - Self Managed Open Arms EAP Private Health	NDIS - Self Managed EAP - (Check with provider) Private Health	Medicare NDIS - Self Managed Open Arms EAP Private Health	NDIS - Self Managed EAP - (Check with provider) Private Health Workers Compensation	NDIS - Self Managed EAP - (Check with provider)	NDIS - Self Managed EAP - (Check with provider)
Ages seen	7+	16-35	18+	18+	18+	18+	18+	18+	13+	5+
Acceptance & Commitment Therapy (ACT)	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Adjustment Disorder	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ADHD		✓	✓					✓	✓	✓
Alcohol Dependence*					✓	✓	✓	✓		
Anger	✓		✓	✓	✓	✓	✓	✓		✓
Anxiety	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Attachment-based therapy		✓		✓		✓	✓	✓	✓	✓
Autism - Social Skills	✓				✓			✓	✓	✓
Bipolar	✓	✓	✓	✓	✓		✓	✓	✓	
Burnout	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Careers Guidance	✓	✓		✓	✓					✓
Child Psychology		✓								✓
History of childhood trauma* (e.g. D.V., Bullying, homelessness etc.)	✓	✓		✓	✓		✓	✓		✓
History of childhood sexual abuse*		✓		✓	✓		✓	✓		✓
Cognitive Behavioural Therapy (CBT)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Communication Techniques	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Conflict Resolution Skills	✓	✓	✓	✓		✓		✓	✓	✓
Couples Therapy (Gottman)*	✓	✓						✓	✓	✓
Criminal Case Reports*							✓	✓		
Depression	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dialectical Behaviour Therapy		✓		✓	✓	✓	✓	✓		
Domestic Violence (victims of; escaping)	✓	✓			✓	✓	✓	✓		
Drug Abuse*					✓		✓	✓		
Chronic Eating Disorders				✓				✓	✓	
Family Court Reports*								✓		
Fatigue Management	✓	✓	✓	✓	✓	✓		✓		
Fitness for Work Plans and Assessment*					✓					
Gambling Addiction*	✓						✓	✓		
Grief and Loss	✓	✓	✓	✓	✓	✓	✓	✓		
Mindfulness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mood Disorders	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Motivation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Obsessive Compulsive Disorder	✓	✓	✓	✓	✓	✓	✓	✓		
Pain				✓	✓	✓	✓	✓		
Parenting	✓	✓	✓		✓					✓
Partners of people with addictions	✓	✓	✓	✓	✓		✓	✓		
Perinatal	✓	✓	✓	✓						
Personality Disorders*				✓	✓	✓	✓	✓		
Phobias		✓	✓	✓	✓	✓	✓	✓		
Psychodynamic Therapy	✓		✓	✓					✓	
P.T.S.D (As some areas of P.T.S.D are specialty areas please call for clarification)*	✓			✓	✓	✓	✓	✓		
Relaxation Strategies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Difficulties	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Schema Therapy*				✓		✓		✓		
Self Esteem	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chronic Self Harm and Suicidal Ideation				✓	✓	✓	✓	✓		
Sexual Assault*	✓	✓	✓	✓	✓	✓	✓	✓		✓
Sexual Health and Dysfunction										✓
Sleep Issues	✓	✓	✓	✓	✓	✓	✓	✓		✓
Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supervision for Psychologists (Registrar and 5+1 Provisional Psychologists)	✓					✓				
Team Building and Motivational Training	✓							✓		✓
Veterans	✓		✓		✓		✓			
Workers Compensation	✓				✓	✓				



Mind Mode Dietitian Services

Dietitian Services	Denelle
Rebates and financial coverage available *Please note all practitioners can be seen privately without a rebate	Medicare, Private Health Funds
Ages seen	16+
Anorexia Nervosa*	✓
Bariatric surgery	✓
Binge Eating Disorder (BED)	✓
Bulimia*	✓
Coeliac disease	✓
Constipation	✓
Diabetes - Type 1, Type 2 and Gestational	✓
Diarrhoea	✓
Disordered eating	✓
Diverticular disease	✓
Food allergies and intolerances in adults	✓
Gastrointestinal concerns	✓
High blood pressure	✓
High cholesterol or triglycerides	✓
Inflammatory Bowel Disease	✓
Irritable bowel syndrome (IBS)	✓
Kidney Disease - Chronic (Stages 1-3b)	✓
Kidney Disease - Chronic (Stages 4-5)*	
Malnutrition	✓
Medication side effects	✓
Mental health conditions affecting diet and weight	✓
Unintentional weight gain or loss	✓
Vegan or vegetarian diets	✓
Vitamin and mineral deficiencies	✓