



## POP PSYCHOLOGY

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## WELCOME!

### *I'm so looking forward to meeting you*

Thank you for finding me, and congratulations for being courageous enough to make your first appointment with me. It can be difficult to open up to a new person, and I want to acknowledge that it might feel awkward at first, but don't worry it's not my first time!

I have been a Clinical Psychologist for over 10 years, and over that time I have met lots of different people and have been privileged enough to hear thousands of different stories. Over time in therapy these stories usually change from ones of problems, issues, and concerns, to stories of hope, clarity and (if we are lucky) triumph.

### *What is a Psychologist?*

Psychologists diagnose, treat and prevent a wide range of general and mental health issues affecting children, adolescents, adults, and families. As a Clinical Psychologist, I have completed a Bachelors Degree in Psychological Science and then a Doctorate in Clinical Psychology (7 years university study), along with further education and training in the field. Since my 7 years in primary training, I have worked as a psychologist now for 12 years, with a few breaks along the way to travel and have babies.

Psychology is a registered health profession, with our training and conduct scrutinised by the Australian Health Practitioner Registration Authority (AHPRA, [www.ahpra.gov.au](http://www.ahpra.gov.au)) and we are bound by ethical guidelines and evidence-based practice, ensuring a high degree of knowledge, skill, and expertise with which we approach your care. Psychologists are not medical doctors, and for some people who require medication for their emotional issues, your GP and/or a Psychiatrist (who is a specialist mental health medical professional) are also great sources of support.

Psychologists are different from counsellors, social workers, and other mental health practitioners. Though some of our practices will be the same, the particular "lens" with which we view your care might differ from these other professionals. It is important so that you understand your rights and are informed about your care. For more information about Psychology, please visit the Australian Psychological Society (APS, [www.psychology.org.au](http://www.psychology.org.au)).

People will come to psychologists when they are struggling with an emotional issue, if they need help with adjusting to difficult life stressors or traumas, if they are having relationship concerns, for specific skills such as parenting or assertiveness, or if they otherwise want to improve an area of their life. My job is to come up with up with a flexible plan which is based on research evidence, and meets your needs in a style of therapy that will work for you.

### *My Specialisations and Interests*

A number of psychotherapies exist. Each psychologist will have differing degrees of experience, expertise, specialisation and training in particular styles of therapy. My primary training, and the one I have the most in-depth experience in, is Cognitive-Behaviour Therapy (CBT). This style of therapy focuses on the role of thoughts, your biological responses, and actions, in maintaining emotional responses. Helping you to better understand your feelings, to see them as normal, if not a little bit mis-placed, or out of kilter, or all-encompassing in your life, helps to empower you in managing these emotional experiences. CBT will help you to acknowledge patterns and cycles which cause, maintain, and perpetuate emotions, and provides tools with which to break these cycles and create healthier patterns. CBT is goal-oriented and focuses on problem solving and relapse prevention. I will continually ask you if this therapy is working for you and whether the "pace" is right to help you to grow and learn, and to implement ideas and strategies.

WELCOME LETTER