



Est. 2016

EMPOWERED  
SELF  
PSYCHOLOGY  
& HOLISTIC  
CENTRE

A guide to what to  
expect on your journey  
with our multi-  
disciplinary team.

Understanding  
Psychology &  
Diagnostic Assessment  
- Working with a  
Multidisciplinary  
Team



## Psychologist Fees and Referral Process

### Generalist Psychologists

- Standard Fee: \$240
- Medicare Rebate (with a valid MHCP): \$92.90
- Out-of-Pocket Cost: \$147.10

### After-Hours Appointments

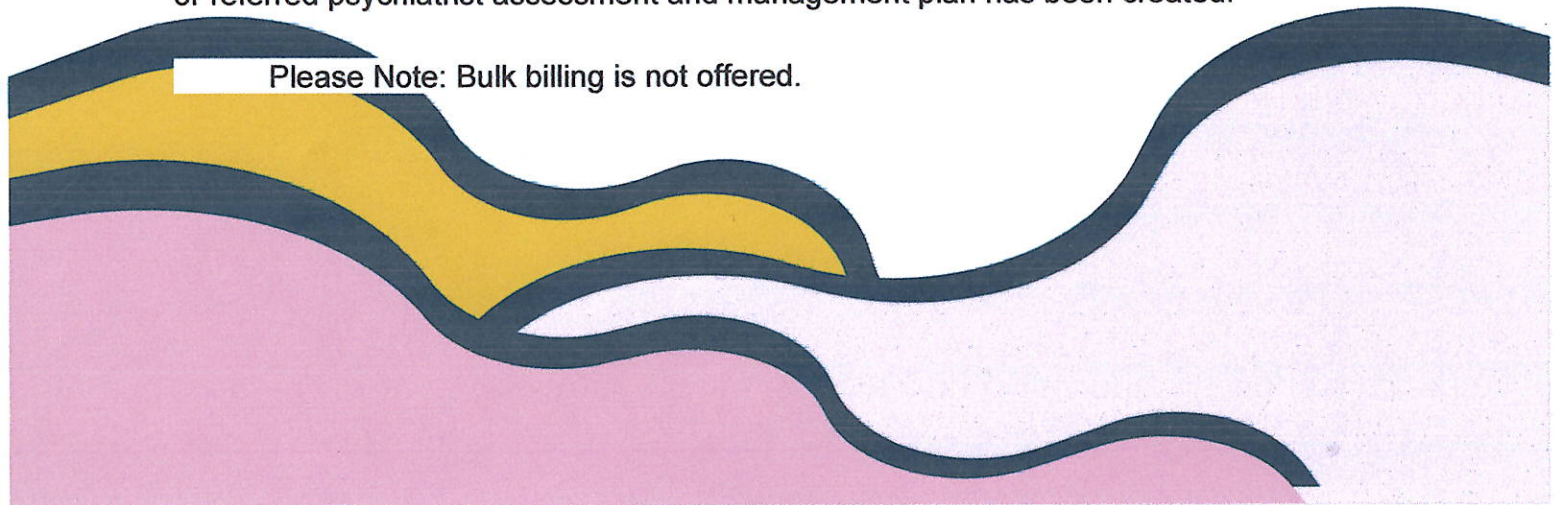
- Available by appointment only, where possible.
- Fee (after 5 pm weekdays or Saturdays): \$281.90
- Medicare Rebate: \$92.90
- Out-of-Pocket Cost: \$189

### Referral Process

To see a psychologist, obtain a referral from your GP. You can either email it to [admin@empoweredselfpsychology.com](mailto:admin@empoweredselfpsychology.com) or upload it through the "Make an Online Referral" portal at the bottom of our homepage, [\[www.empoweredselfpsychology.com\]\(http://www.empoweredselfpsychology.com\)](http://www.empoweredselfpsychology.com).

### A Valid Referral Should Include:

- Patient's date of birth and address.
- Number of sessions being referred for, with a maximum of six sessions at a time under the Better Access initiative. Typically, up to 10 sessions per calendar year are allowed, usually divided into two referrals (6 initial sessions + 4 subsequent sessions).
- Confirmation that a Mental Health Treatment Plan, healthcare home shared care plan, or referred psychiatrist assessment and management plan has been created.



Please Note: Bulk billing is not offered.



## Finding the Right Service for Support Following an Assessment

We encourage you to reflect on the reasons you're seeking a diagnosis and consider how this information could assist you in the future. It's important to conduct your own research and discuss your options with your psychiatrist, GP, or other mental health professionals to determine the best path forward.

Working closely with skilled healthcare professionals is essential to developing a personalized treatment plan tailored to your unique needs and preferences. These plans may include a combination of medical and psychological approaches, such as medications, psychotherapy, behavioral interventions, and lifestyle adjustments.


### Steps to Take:

- **Research and Due Diligence:** Take the time to explore your options, compare services, and ensure each one aligns with your needs. Book appointments early to secure the right fit for your journey.
- **Ongoing Support:** Should you choose to continue with Empowered Self Psychology & Holistic Centre after your diagnosis, we can assist in transitioning you to one of our psychologists, counselors, or social workers for therapy and support strategies at any stage of the process.

### Potential Areas of Support:

- Managing ADHD and related symptoms, such as disorganization, emotional dysregulation, depression, anxiety, low self-esteem, and impulsivity.
- Your treating psychologist can provide ongoing sessions for maintenance and support.
- If medication is necessary, consultation with a psychiatrist may be required.
- Counseling can be conducted on-site or via telehealth with our experienced counselors.
- A social worker can assist with linking you to social services and additional support systems, like Circle of Security Facilitation, for enhancing attachment and bonding with children.

By taking these steps, you can ensure your treatment plan is comprehensive and suits your individual needs.





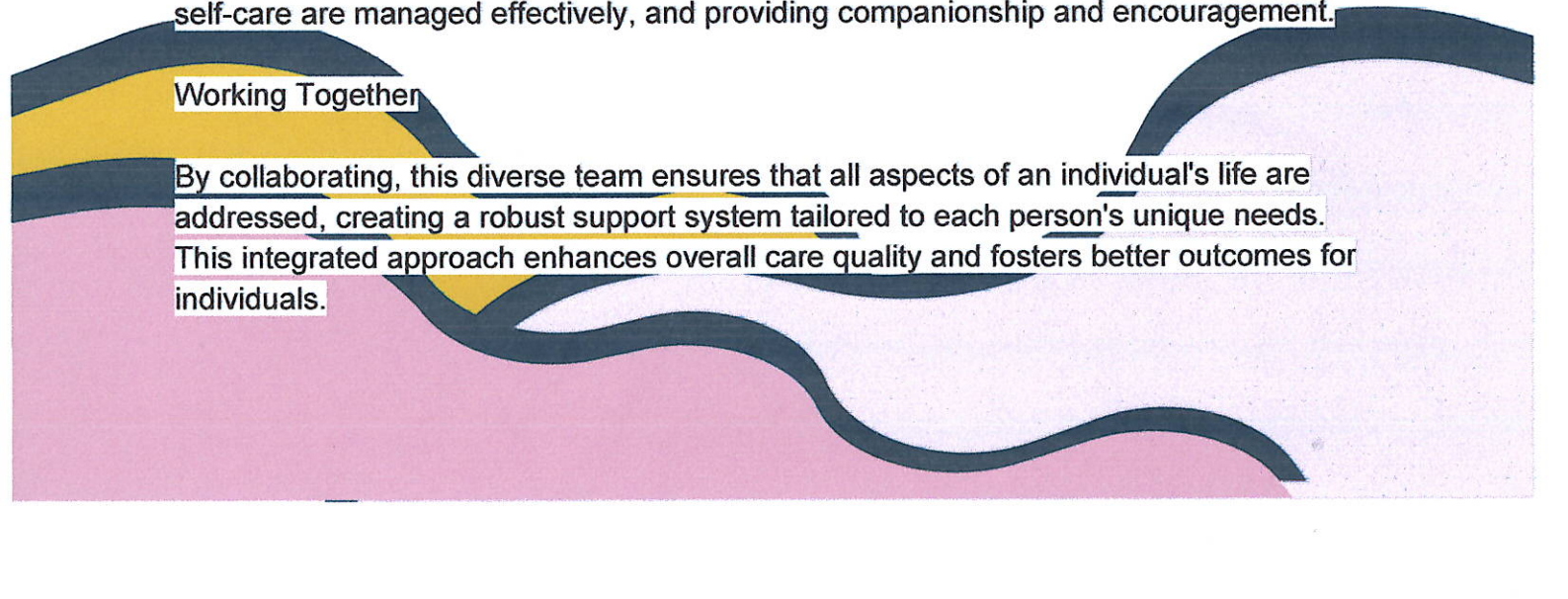
## The Benefits of a Multidisciplinary Team

A multidisciplinary team brings together experts from various fields to provide comprehensive and holistic care. Here's how each member contributes to supporting individuals:

- Psychiatrist:
  - Assists with: Diagnosing and managing ADHD through medical evaluation, prescribing medication when necessary, and monitoring its effects.
- Psychologist:
  - Assists with: Conducting psychological assessments, offering cognitive-behavioral therapy, and developing strategies for emotional regulation and behavior management.
- Counselors:
  - Assists with: Providing emotional support, facilitating personal development, and helping individuals explore feelings and relationships through talking therapies.
- Social Workers:
  - Assists with: Offering practical support and advocacy for access to social services, helping navigate educational and community resources, and assisting with family dynamics.
- ADHD Coach:
  - Assists with: Helping develop organizational skills, time management techniques, and personalized strategies to achieve personal and professional goals.
- Support Workers:
  - Assists with: Offering day-to-day assistance, ensuring tasks like appointments and self-care are managed effectively, and providing companionship and encouragement.

### Working Together

By collaborating, this diverse team ensures that all aspects of an individual's life are addressed, creating a robust support system tailored to each person's unique needs. This integrated approach enhances overall care quality and fosters better outcomes for individuals.





### **Booking an Assessment:**

Assessment Fees do vary depending on the assessment required.

Prices for assessments start from \$1090.

The Feedback Session is \$240 approximately 4-6 weeks after your Assessment and Report is finalized.

To book an assessment, please contact our Practice Manager or Admin Staff on (08) 8522 1473.

They will guide you through the process seamlessly.

### **Steps Involved:**

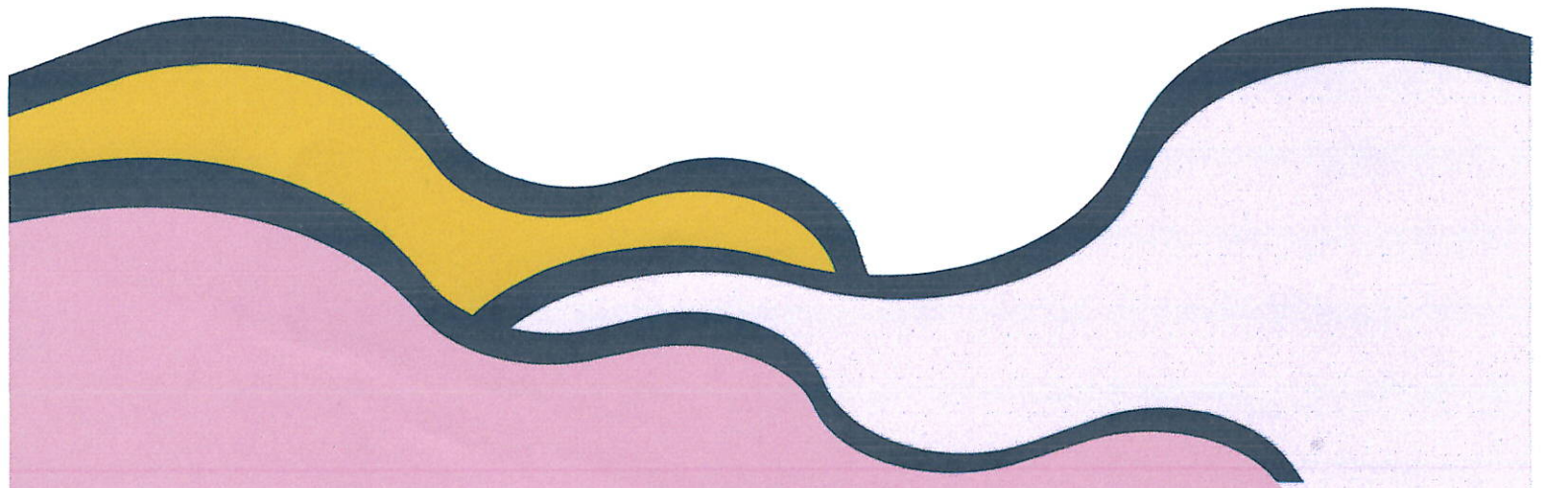
1. Contact Information: We will ask for your basic contact details.
2. Documentation: You will be required to fill out a few forms.

Should you have any concerns or feel uncertain about any part of the assessment process, please reach out to our Practice Manager at (08) 8522 1473 or email [admin@empoweredselfpsychology.com](mailto:admin@empoweredselfpsychology.com). We are here to answer any questions or connect you with your clinician for further clarification.

We look forward to supporting you on your journey.

Sincerely,

Empowered Self Psychology & Holistic Centre





## Informed Financial Consent Form

---

Empowered Self Psychology & Health Centre (ESPHC)

ABN: 25653206510

Phone: 08 85221473

Email: [admin@empoweredselfpsychology.com](mailto:admin@empoweredselfpsychology.com)

Address: Unit 2, Level 1, 83-87 Murray Street, Gawler, SA 5118

### 1. Client Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### 2. Services and Fees

Please note the following standard fees for psychological services provided at ESPHC:

Service Description	Duration	Fee (AUD)
Initial Consultation	50 minutes	\$240
Standard Therapy Session	50 minutes	\$240
Diagnostics and Assessments		
\$1090	start from	
Report Writing (if requested)	Per hour	\$240

\*Fees are subject to periodic review and adjustment.

### 3. Medicare and Private Health Insurance

- Clients with a valid Mental Health Treatment Plan (MHTP) may be eligible for a Medicare rebate of \$92.90 per session for up to 10 sessions per calendar year.

- Medicare claims can be processed at the time of payment via our electronic claiming service.
- Private health insurance rebates may be available depending on your level of cover. Please check with your insurer.

#### **4. Billing and Payment Policy**

- Payment is required in full at the time of your appointment.
- Diagnostics and Assessments – Deposit of \$100 is payable to book your appointment.
- Payment is required 7 days prior to the scheduled appointment. (No Reports will be released until payments are finalized in full)
- Accepted payment methods: EFTPOS, credit card, direct bank transfer.

Bank Details Commonwealth Bank:

Account Name: Aspire O'Brien Proprietary Limited T/A Empowered Self Psychology & Holistic Centre

BSB: 065-502

Account Number: 1050 5847

#### **5. Cancellation and No-Show Policy**

- A minimum of 24 hours' notice is required for rescheduling or cancelling appointments.
- Appointments cancelled with less than 24 hours' notice will incur a late cancellation fee of \$50.
- Non-attendance without notice will be charged the full session fee.

Medicare and private health insurers do not rebate cancellation fees.

#### **6. Consent Declaration**

I acknowledge that I have read and understood the financial terms outlined above. I understand that I am financially responsible for all services rendered and for providing adequate notice for cancellations. I give informed financial consent to receive services from ESPHC under these terms.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Parent/Guardian Signature (if applicable): \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
\_\_\_\_\_