

Gabrielle Jacobs

PSYCHOLOGY & PSYCHOTHERAPY SERVICES

FOR INDIVIDUALS, PARENTS, CHILDREN AND ADOLESCENTS

Medicare Provider No: 2721862H

Registered Psychologist PSY 0001122984 (AHPRA), Assoc. Member Aust. Psychological Soc.

B.A. (Psychology/Psychophysiology), Grad. Dip. Applied Psychology, Dip. Teaching (Primary), Grad. Dip. Education. (Multicultural Studies)

- ★ A friendly, non-judgemental, client centred approach, drawing from a range of therapy styles including: Mindfulness, Interpersonal Therapy, Cognitive Behavioural Therapy, Psycho-Education, Trauma Focussed/Informed Therapy, Skills-Training, Narrative Therapy, Play Therapy, Solution Focussed Work, Expressive Therapies, Long Term Psychotherapy, and Body Focussed Work (Non-touch).

FOR SITUATIONS SUCH AS:

- Increasing Happiness and Self-Acceptance.
- Relaxation Strategies and Stress Management
- Increasing Self-Esteem, Coping and Resilience
- Overcoming/Minimising the impacts of Anxiety, Panic and PTSD
- Overcoming/Reducing Depression and Suicidality
- Healing from Abusive Relationships (Past or Present R'ships/Romantic or Family of Origin R'ships)
- Help! I have been told I have 'Borderline Personality Disorder'
- Trauma Recovery and Victims of Crime Clients (VOCAT)
- Recovering from Injury - WORKSAFE, TAC
- Grief and Loss
- Living with Chronic Health Conditions
- Interpersonal Relationship Skills eg. Effective Communication, Assertiveness
- Anger Management - expressing anger in healthy ways
- Strengthening Parenting Skills
- Family Separation (Pre and/or Post Separation)
- Dealing With Bullying And Peer Relationship Issues
- Social, Behavioural and Emotional difficulties in Children and Young People
(I work directly with children from age 8+ where appropriate, and/or with the parent/s)

COST / FEES:

\$150 per session, payable by cash or cheque at the session (unless you are funded under VOCAT, TAC or Worksafe)

Medicare Rebate with GP Referral & Mental Health Care Plan, if eligible, is currently \$84.80 Therefore you are \$65.20 out of pocket per appointment once you have collected your rebate from Medicare, for up to 10 sessions per calendar year.

Please note that Bulk Billing or concession rates are NOT AVAILABLE.

Private Health Rebates may apply depending on your fund and level of cover - check with your insurer. Please note, unfortunately these cannot be used in conjunction with Medicare rebates.

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