

WATTLETREE PSYCHOLOGY GROUP PROGRAM

AN INFORMATION SHEET DESIGNED TO PROVIDE YOU WITH WHAT YOU NEED TO KNOW ABOUT THE GROUP PROGRAM

About Wattletree Psychology

Wattletree Psychology is a growing team of registered psychologists who work independently and collaboratively to achieve the best outcomes for their clients. Our breadth of expertise means that we are able to provide assistance to our clients for a wide range of difficulties in accordance with individual interests and strengths. Working in conjunction with medical and other allied health professions, we are able to offer clients a holistic service that is founded in our commitment to 'Evidence Based Practice'.

What about Group Therapy?

"Self-awareness over six weeks is remarkable... the benefit of being in a group covering material in a holistic way in combination with individual therapy has proven to be instructive"

(Previous Group Participant)

If eligible for the Medicare Benefits Schedule, remember that you can receive up to 12 group therapy services in addition to the 12 individual sessions in a calendar year. Consequently, Wattletree Psychology has developed a number of six week psycho-educational/skill based programs including:

'Thinking Well': *Learning the Skills to Think in a More Realistic Way* (Dr Sarah Cotton)

Highlighting the importance of healthy thinking and its direct relationship to emotional well-being, this program is designed to introduce you to the basics of Cognitive Behavioural Therapy (CBT). In doing so, you will learn a tangible tool called the 'Thought Record' that you can not only apply to your current situation but take with you as an important life skill.

'Core Beliefs': *A transition to Individual Coping* (Dr Heather McCormack) ***REVISED PROGRAM***

An independent and individually tailored program designed to build upon one's understanding of Core Beliefs developed in the 'Thinking Well' program. At the end of the program, you will be able to start identifying more realistic and functional beliefs to help reduce levels of distress and think and behave more adaptively.

'Assertive Living': *Finding the Balance between Passivity and Aggression* (Dr Sarah Cotton)

Built upon what we know about the process of human communication, this program is designed to introduce you to the basics behind assertiveness (as well as the broader skills of effective communication). At the end of the group, you will be able to better manage your interpersonal relationships to ensure all parties concerned feel respected.

'Stress Less': *Towards a healthier and more balanced life* (Dr Heather McCormack) ***NEW PROGRAM***

Introducing the basics of stress management, this program is designed to develop a greater understanding of stress and its effects upon the mind and body. In learning to manage stress more effectively, this program also provides some very practical tools (i.e., relaxation training and mindfulness) for you to start using straight away in your day to day life.

Note: The cost of each six week program is **\$350** including a tailored workbook (of which \$125.10 may be rebatable via Medicare) if eligible.

Natural Hesitation Explored

What's the first thing that comes to mind when you think of the word 'Group Therapy...?' Is it an image from an American sitcom? or a group of people sitting around a box of Kleenex tissues...? If so, then it's important to understand that the groups run at Wattletree are psycho educational and aim to teach a set of practical life skills. You can therefore bring to the group the level of information you feel comfortable sharing and then work with your individual therapist to apply the skills to your more personal situation.

While there is often a natural hesitation to attend a group... clients soon report that they wish they had done it years ago!

Benefits of Group Therapy

As a beneficial adjunct to individual therapy, the group programs are useful for addressing anxiety, depression, stress and providing a better understanding of interpersonal relationships. The very nature of Group Therapy also provides a powerful vehicle for 'peer learning' and 'normalisation'.

"Just knowing I'm not the only one who thinks and feels this way..." is a common phrase echoed by clients when they talk about the benefits of the Group Program

Evaluating the Programs

Evaluation of the programs shows an overall improvement in both anxiety and depression for those who have attended the groups. In addition, for those who attended 'Assertive Living', there is also an improvement in assertiveness.

How to Activate the Medicare Rebate

In order to claim the Medicare Rebate for **group sessions**, you will need:

- A dated written referral letter from your GP to the Psychologist running the group prior to the commencement date (indicating approval of group services for 6 sessions)
- To get your GP to add the following information to your original Mental Health Care Plan (MHCP):
 - The name of the Psychologist running the group
 - The words 'Group Therapy'
- Bring your written referral and updated Mental Health Care Plan to the first group session and give them to the group Psychologist

Note: Unfortunately, any sessions attended before the date of your referral letter from the GP will **not** be eligible for a Medicare rebate.

For more information and dates please visit our website
www.wattletreepsychology.com.au