

**CLINICAL PSYCHOLOGIST & PSYCHOTHERAPIST**

M Psych (Clinical Psychology), Adv Dip Gestalt Therapy, MAPS

A. B. N : 52 520 091 867

Provider #: 2826653Y

**Phone** : 0409 543 341

**Address** : 6 Holden St, Fitzroy North, VIC 3068

**Post** : PO Box 1057, Fitzroy North, VIC 3068

**Email** : [info@psychotherapy-centre.com.au](mailto:info@psychotherapy-centre.com.au)

**Web** : [www.psychotherapy-centre.com.au](http://www.psychotherapy-centre.com.au)

**Fax** : (03) 8677-9698

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**QUICK SUMMARY FOR PEOPLE SEEKING HELP**

**1-Jul-2024**

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If you are struggling emotionally, psychotherapy can help.

***What is psychotherapy?***

Psychotherapy focuses on finding ways out of difficult situations, reducing distress and regaining emotional stability.

***Choosing a therapist***

When choosing a therapist or counsellor, I suggest asking yourself whether you like the therapist enough to share deeply personal things with them.

***At the first appointments***

The first 1-3 sessions usually involve with talking about what is happening in your life - including emotionally. It's also important to hear about what you would like to get out of sessions. I then offer my suggestions about what therapy may involve, so that you can decide whether to continue. The first session also involves completion of an Outcome Questionnaire, which is one way progress will be measured.

***How long will it take?***

Often in talking through problems, some distress lifts. Some people decide that a short piece of therapy is enough – even six sessions can help – although this most likely would not be enough to make large and lasting changes. You can decide how much work to do – your intention may not be to resolve all problems, but to complete enough of a piece of work to make a difference. If you are very distressed, the therapy usually takes longer.

***Cost***

- Psychotherapy & Relationship Counselling – 50 minute session - \$220
- Individual Supervision - \$220 + GST - Group Supervision - \$250 + GST
- Up to 10 sessions with Medicare rebate of \$141.85 available if assessed as eligible by a doctor
- Health funds, TAC, NDIS, DVA may provide financial assistance
- I understand that sometimes appointments need to be rescheduled and I appreciate as much notice as possible. At a minimum, to avoid a cancellation fee please give at least a 24 hours notice.

***How to get a Medicare rebate***

Please see your doctor before the first appointment. They will let you know if you are eligible.

***Confidentiality & Privacy***

Most of what is discussed in sessions is confidential, but there are exceptions. If someone intends to harm themselves or another person I will seek assistance. Personal information that is relevant to your situation will be collected and recorded for the purpose of providing psychological services to you. Please see my Privacy Policy for detailed information.

***More information:*** [www.psychotherapy-centre.com.au](http://www.psychotherapy-centre.com.au)

***How to make an appointment:*** Please ring on 0409 543 341. Appointments are held in person or by video Mondays, Tuesdays, Thursdays and Fridays in Fitzroy North, with after hours appointments available on Thursday evenings. Appointments on Wednesdays are by video only.

**About Anthony.....**



Anthony Jones is a Clinical Psychologist and is skilled in a Gestalt Therapy approach. In a Gestalt approach, change happens through being more fully oneself. Learning through experience is emphasised.

Anthony has many years of experience in the welfare and health sectors, and enjoys successfully helping people bring change to their lives. He has particular skill in working with anxiety, depression, and trauma, and has also worked with people experiencing homelessness and long term unemployment. Prior to working as a therapist, Anthony worked in an industrial sugar mill for 10 years.