



## ***Does your child need help with?***

- Worrying and anxiety
- Friendship difficulties
- Divorce/separation
- Grief and loss
- Emotional resilience
- Low mood
- Sleep difficulties
- Self-esteem
- Anger difficulties
- Bullying
- Adjustment
- ADHD

### ***Counselling support***

Minds That Matter Psychology understands that childhood can present with many challenges. Our team can provide warm and professional support to children and families at in the School setting at no cost to families. Children are seen during school hours.

With a Medicare referral from a General Practitioner (GP), children are eligible for bulk-billed psychology services with a Mental Health Treatment Plan. This gives children a maximum of 10 counselling sessions per calendar year (the first referral funding up to 6 sessions and a second referral funding a further 4 sessions).

If you wish to receive bulk-billed psychology support, you will need to obtain a valid referral **PRIOR** to your first appointment by:

1. Booking a double appointment for your child with your GP.
2. Advise the GP of your concerns about your child's emotional well-being - your child may need to be present at this appointment.
3. Obtain a referral under the Better Access Initiative (Item 2715/2700). The referral will need to be made out to Minds That Matter Psychology.
4. Return completed paperwork to your school or contact the psychologist at your school via phone or email.

If you don't want to use a mental health care plan, we can invoice you directly. If you would like psychology support for your child outside of the school setting, we can see you at our clinic but please note that this is not bulk billed.

### ***Learning and cognitive assessments***

If you suspect that your child has a learning difficulty (such as dyslexia), it is important to accurately identify the underlying issue and implement interventions quickly. With specialist training, our assessments look at all aspects of cognitive development that impact learning. We can work collaboratively with you and your child and school to boost learning.

### ***Autism Spectrum Disorder Assessment***

Based on Australian best practice guidelines for the assessment of autism spectrum disorder (ASD), our clinicians are able to offer diagnostic assessments. With many years experience in the area of ASD, our clinicians are also able to help support children with ASD (or features of ASD) with behavioural, social and emotional support, as well as behavioural support for parents



**The psychologist at your School is Brigitte Caruana.**

Brigitte is a Clinical Psychology registrar who has extensive training and experience working with children, adolescents, young adults and families across a wide range of settings. She is dedicated to providing evidence based, best practice psychological services and working collaboratively with families, schools, and other health professionals.

Brigitte strives to connect with warmth and compassion, and she is committed to building a strong, safe therapeutic relationship, as evidence shows this is a crucial foundation for positive change. Similarly, her therapeutic approach draws upon a range of evidence-based treatments that keep the unique needs of the client firmly in mind, including Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

She has a particular interest in working with children and adolescents who are experiencing difficulties with Mood, Anxiety and Worry, Specific Phobias, Obsessive Compulsive Disorder, Grief and Loss, Trauma and Life Adjustments (including adjustments to medical diagnoses), Social difficulties and Behavioural Challenges, Body Image Concerns, and Autism Spectrum Disorder. Brigitte has a genuine desire and passion to empower children, families, and the community to ensure that the best positive outcome is achieved for each young person

**Please feel free to contact Brigitte on [Brigitte@minds thatmatterpsychology.com.au](mailto:Brigitte@minds thatmatterpsychology.com.au) or 0411 142 403 to arrange an appointment.**

For further information, please visit our website [www.minds thatmatterpsychology.com.au](http://www.minds thatmatterpsychology.com.au). Otherwise, please feel free to contact the psychology Program Director, Dr Jennifer Papoutsis, if you have any questions via [enquiries@minds thatmatterpsychology.com.au](mailto:enquiries@minds thatmatterpsychology.com.au) or phone 0435 910 447.

Kind regards

**Dr. Jennifer Papoutsis**

*Clinical Neuropsychologist / Program Director*

Minds That Matter Psychology

