



Counselling & Assessment Services

St.Mary's Primary School



Hello! My name is Kirsty Alnwick and I am a registered Psychologist with a Master of Educational Psychology from the University of Melbourne (2000). I am a member of the Australian Psychological Society (APS) as well as the Australian Health Practitioner Regulation Agency (AHPRA). I have worked in school settings over the past 20 years, being employed as School Psychologist at Star of the Sea College and Mentone Girls Grammar School respectively. I have recently begun work in private practice managing my own business *Educate Psychology*. I am passionate about supporting young people (within the context of their families and schools) to achieve their personal best, maintain positive mental health, and to enhance their social/emotional wellbeing. Through empowerment and building on personal strengths I have witnessed many young people thrive, develop resilience, and personal success. I offer a person-centered, compassionate, and strengths based framework to the counselling process and use an integrated therapeutic approach, incorporating Cognitive Behavioural Therapy (CBT), Acceptance & Commitment Therapy (ACT), Mindfulness & Relaxation strategies, Skills training (social skills, problem-solving skills), Solutions Focused Therapy, and psychoeducation.

Counselling services

Counselling is available at St. Mary's to support students' social and emotional wellbeing. Individual counselling is based on an ethos of respect, non-judgement, and care to assist improving a child's mental health, resilience and to create change. The social and emotional development of young people has a significant impact on their learning and the fulfilment of their educational outcomes. Counselling intervention can be beneficial to



foster prevention, empowerment, and a proactive approach to a child's wellbeing.

Counselling support can be provided for the following issues:

- Anxiety and worry
- Stress management
- Friendship difficulties
- Parent separation/divorce
- Transition
- Grief & loss
- Low mood
- Sleep difficulties
- Self-esteem & confidence
- Anger management
- Bullying
- Conflict resolution

All students have a right to confidentiality in their dealings with the counselling service, however there are some cases where confidentiality cannot be guaranteed where a student's personal safety is deemed to be at risk.

Counselling is conducted onsite at St. Mary's on a Monday. With parent and student permission, I can collaborate with relevant staff at school to support students' mental health needs, which allows for continuity of care. Appointments can be made by contacting me directly, your child's classroom teacher, or Mr Nathan Eddy (Deputy Principal). After an initial phone consultation and completion of a parent questionnaire, a session time can be booked for counselling to commence. Counselling sessions typically run for a duration of 50 minutes.

Cognitive Assessments

I can conduct cognitive assessments using the Weschler Intelligence Scale for Children – 5th Edition (WISC-V). Assessments provide a picture of a child's cognitive development to determine strengths and weaknesses that will give information about a child's learning potential at school as well as any learning difficulties that require further intervention.



Schedule of fees

- Individual counselling session - \$150 per session. A rebate can be claimed via Medicare if you obtain a Mental Health Care plan from your General Practitioner.
- Psychological assessment (Cognitive) - \$750 (inclusive of parent interview, WISC-V test administration, preparation of report, and feedback session)
- Psychological assessment (Cognitive & Educational and/or behavioural) - Fee to be determined based on tests administered)
- Attendance at Parent Support Group meeting/Case conference - \$80

Sessions are to be paid at the time of appointment (Square Reader payment with your preferred card). Medicare or Private Health Care rebates can then be lodged and claimed online with your receipt.

Mental Health Care Plans (MHCP)

If you wish to use a Medicare referral to obtain a rebate for psychology support, you will need to obtain a valid referral PRIOR to your first appointment by:

1. Booking an appointment with your child's GP (sometimes a double appointment is requested)
2. Advise the GP of your concerns about your child's emotional wellbeing - your child may need to be present with you at this appointment
3. The referral will need to be made out to Kirsty Alnwick, Educate Psychology, Medicare Provider No. 4133851T. As part of the Medicare requirement, the GP will need to include the number of sessions that the referral is being made for - please ensure that this is done otherwise your rebate may be rejected by Medicare. With a Medicare referral from a General Practitioner (GP), children may be eligible for 10 counselling sessions per calendar year (the first referral funding up to 6 sessions and a second referral funding a further 4 sessions).
4. Return completed paperwork to your school or contact Kirsty directly via phone or email



Privacy & Confidentiality

As stated by the Information Privacy Act (2000) and the Health Records Act (2001), Educate Psychology will adhere to the regulations for collection, holding, use and disclosure of personal and health information and ensure confidentiality of services provided.

You and your child's personal information is gathered as part of the assessment and treatment process and is kept securely, and in the interests of privacy, used only by your psychologist and any authorised professionals (as necessary). I will provide a confidentiality statement and 'Authority to release information' form as part of the initial consultation.

Please feel free to contact Kirsty on Kirsty@educatepsychology.com.au or **0400121104** if you would like to discuss accessing psychology services for your child and to arrange an appointment.

I look forward to supporting you.

Best wishes,

Kirsty Alnwick
Psychologist, MAPS



Parent Questionnaire

PERSONAL DETAILS

Childs' name:

Gender:

Date of Birth:

Address:

Country of Birth:

**Language(s) spoken
at home:**

School:

Grade:

Teacher:

Reason (s) for seeking referral:



Parent Questionnaire

FAMILY

Mother's name:

Occupation:

Father's name:

Occupation:

Brothers/Sisters:

Age:

Have there been any recent events that may be influencing your child?

HEALTH & HISTORY

Please outline any current or past health problems. Eg., hospitalisation, medical conditions



Parent Questionnaire

Were there any birth complications? Eg. Premature, late, breathing difficulties, difficult labour, special care nursery.

Has your child received any specialist testing (eg., by a speech pathologist, optometrist, audiologist, paediatrician, or psychologist)? If so, please give details and attach any relevant reports to this form

Is your child currently taking any medication(s)?

Does anyone in the immediate or extended family have mental health difficulties?

Does anyone in the immediate or extended family have learning difficulties?



Please list any after school activities that your child does (eg., gym, swimming, music, tutoring)

Are there any other comments you would like to make about your child?

Contact details: What is the best way to contact you? Please provide times, phone numbers and email addresses below.

Thank you for completing this form. Please refer to the APS Charter for Clients of Psychologists (see attached).

STATEMENT OF CONSENT

I (print your name)....., parent/guardian of (print child's name)..... have read and understood this questionnaire and Consent Form. I agree to the above conditions for the psychological service provided by Kirsty Alnwick, Educate Psychology.

Please return to Kirsty Alnwick via email to kirsty@educatepsychology.com.au or bring along to your first session.

Parent(s)/Guardian signature:

Date:...../...../.....