



# CQ Psych Services



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## PRACTICE INFORMATION

### Psychologists

Suzie Humphrey

*BPsych (Hons), MForMentH, MAPS*

Tina Bunge

*BPsych (Hons), Assoc. MAPS*

### Provisional Psychologist

Kelsie Realf

*BPsychSc, GradDipPsychAdv, Assoc MAPS*

### Admin Team

Jessica Butler – Business Manager

Diane Furno – Admin Assistant

Jessika Cook – Admin Assistant

### Practice Hours

Mon – Thurs 9:00 AM – 5:00 PM

### Address

1/137 Auckland Street,  
Gladstone QLD 4680


We are located in Auckland Street, Gladstone. Two-hour street parking is available to clients on both Auckland and Herbert Streets.


### Contact Information

Ph/Fax: 07 49726929

[admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au)

### Facebook & Website

 <https://www.facebook.com/cqpsychservices/>

 <https://cqpsychservices.com.au/>

## DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 2, Issue 1 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Services are tailored to individual client needs and may include: Individual Therapy, Couples Therapy and Assessments.

Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

We are all very excited to welcome a new member to our team. Kelsie Realf will be joining us as a provisionally registered psychologist in the coming weeks. Kelsie will be focusing on doing client assessments as well as direct client services for NDIS and EAP referrals.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on *self-care*, *some of our services* and *the power of gratitude*. I hope you enjoy this issue. You can expect our next Newsletter in May 2020.

Please contact the office if you would like to arrange an appointment and as always, we welcome all questions, queries and feedback. Simply email us at [admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au)

Keep an eye out on our Web, Facebook and Instagram pages as we continue to develop these sites.

Until next time...

Suzie Humphrey

*Director, BPsych (Hons), MForMentH, MAPS*

## HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4972 6929 or email [admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au)

We accept GP Mental Health Treatment Plan, WorkCover and Private Health Insurance clients but **DO NOT** offer Bulk Billing.

Our admin team is available between 9:00am and 2:30pm Monday to Thursday. Outside these times, please leave a message and we will happily call you back.

## SELF-CARE IS IMPORTANT

One topic that comes up often is the importance of self-care. This is something that we often dismiss because we don't think we deserve or need to be compassionate to ourselves – we're too busy 'helping' others, those we care about, those who need or deserve the care. I want you to consider self-care as a means of refuelling, so that you are able to develop good coping and stress management tools. We all know that we need to refuel our vehicle and recharge our phones so that they continue to work as needed – well, the same goes for us!

Some simple ways to get started with your self-care may include:

- Getting adequate sleep
- Eating healthy and regularly
- Regular exercise
- Taking some time for yourself
- Re-engage in a hobby or activity you used to enjoy
- Read a good book
- Just stop and take a breath
- Say NO sometimes

Take the time to do our *Wellbeing and Stress Checklist* available on our website. Having a wellbeing and stress check-up is just as important as a regular health check-up.

- Suzie Humphrey

## SOME OF OUR SERVICES

We provide:

- Individual therapy
- Employee Assistance Program (EAP) counselling
- NDIS therapy (self and plan managed only)
- Assessments

This may include:

**Cognitive Assessments:** Also known as intelligence testing, is used to determine an individual's general thinking and reasoning abilities.

Do you feel like there are barriers stopping you from making progress in life, or that there's something wrong with your thinking or memory? Are you performing below your potential? If you have concerns about your

concentration, memory, ability to learn new information, or other thinking skills, a cognitive assessment might help you understand what's going on and how to manage.

A cognitive assessment can help you understand your thinking skills and your potential, maximize the way you use your cognitive abilities, develop strategies to overcome areas of weakness, and investigate potential issues such as learning disorders, memory problems and attention problems.

**Educational Assessments:** Carried out when a child's learning ability or educational performance is questioned. Includes both a Cognitive and Achievement Assessment to help parents and educators gain insight to a child's unique learning profile and academic capacity.

**Daily Living and Social Skills Training:** To assist in the development or increase in skills for independence and community participation.

*Please contact us for further information on our available range of assessments.*

## THE POWER OF GRATITUDE

Practising gratitude tends to promote an optimistic outlook where you are likely to believe that negative events are temporary and manageable. It improves happiness and reduces stress, anxiousness and depression often associated with pessimism. Try catching yourself in situations when your thoughts take on a negative viewpoint. Reword your negative thoughts to express them as temporary and manageable

- Suzie Humphrey

*“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”*

- Zig Ziglar

You can contact us to get further information or to enquire about an appointment by emailing us at [admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au) giving us a call or leaving a message on (07) 4972 6929, or message us on Facebook.