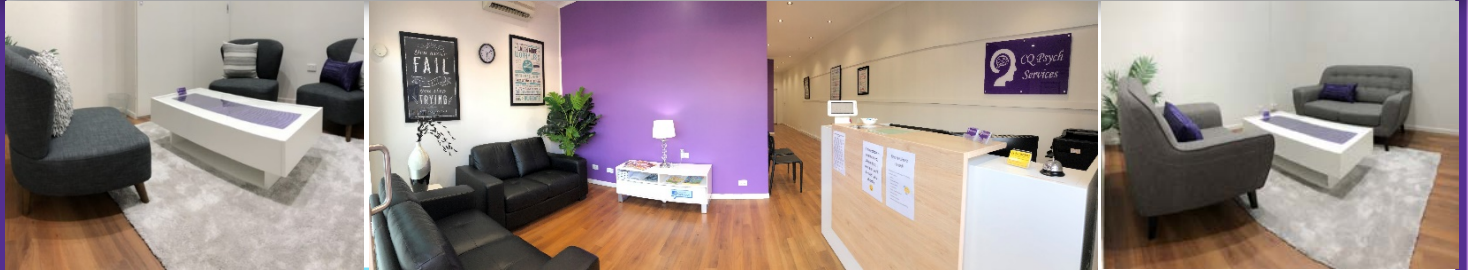




# CQ Psych Services



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## PRACTICE INFORMATION

### Psychologists

Suzie Humphrey

*BPsych (Hons), MForMentH, MAPS*

Tina Bunge

*BPsych (Hons), Assoc. MAPS*

Caitlin Roffey

*BPsychSc (Hons), MOLT (USQ), MAPS*

### Provisional Psychologist

Kelsie Realf

*BPsychSc, GradDipPsychAdv, Assoc MAPS*

### Admin Team

Jessica Butler – Business Manager

Diane Furno – Admin Officer

Jade James – Admin Officer

Karma – Office Assistant

### Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

### Admin Hours

Mon – Fri 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 3, Issue 1 of our Newsletter. CQ Psych Services continues to offer a wide range of therapy, counselling and supportive services for mental health concerns as well as a range of assessments. We also offer services through third parties such as WorkCover, NDIS (self and plan managed only) and Employee Assistance Programs (EAP).

We are all excited to welcome our newest team member, Jade. Jade has joined our admin team in providing quality services to the Gladstone community and brings with her a wide range of experience.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issues topics include Managing Fear, Anxiety, and Stress; Assessments; Medicare Referrals; and, a Find-A-Word. I hope you enjoy this issue. You can expect our next Newsletter in May 2021.

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, NDIS, EAP and Private Health Insurance clients but **DO NOT** offer Bulk Billing. Our admin team is available between 9:00am and 5:00pm Monday to Friday. Outside these times, please leave a message and we will happily call you back.

## Managing Fear, Anxiety, and Stress

While we are lucky to remain COVID-19 free in our local region, many of us have none the less experienced changes as a result of the pandemic. We may have been unable to visit loved one's interstate, had trips cancelled, or have had our employment impacted. The fact is, that unless you have been living under a rock for the past year, the media coverage alone is likely to have caused stress to most people. As a result, it is not uncommon for people to report a decline in physical and/or psychological health.

Fear, anxiety and stress may all be considered normal responses to the uncertainty brought on by the current situation. Many people may be spending a great deal of time worrying about things that are out of their control. However, this tendency to ruminate over worrying thoughts is not necessarily helpful. The more time and focus we invest in thinking or worrying about things that are out of our control, the more likely we are to be fearful, anxious and stressed.

It can be very helpful to learn and practice how to refocus our attention on to things that we can control or influence. This can include limiting exposure to triggers, making sure the information we are receiving is not sensationalised or exaggerated, and having a plan around any legitimate risk factors.

- Suzie Humphrey

## Assessments

A psychological assessment is used to gather information in order to answer a particular question about an individual, couple, or group's psychological functioning. It is the nature of this question that will determine the type of assessment undertaken.

Schools may want to know a child's intellectual ability in order to best support that child's learning. Cognitive and achievement assessments may be administered in order to inform and make recommendations to the school.

A range of assessment may be required when preparing a NDIS funding application or when preparing for a NDIS Review.

Information gathered may relate to how a person thinks, feels, and behaves. Assessments may include an interview of the individual being assessed, observations, collateral information from others, and formal psychometric measures that are administered, scored and interpreted by appropriately trained psychologists.

Some assessments we offer, include:

- **Wechsler Adult Intelligence Scale (WAIS-IV)** is used to measure adult intellectual ability.
- **Wechsler Intelligence Scale for Children (WISC-V)** is an assessment tool designed to measure a child's intellectual ability.
- **Wechsler Individual Achievement Test (WIAT)** is an individually administered measure of oral language, reading, written language and mathematics.
- **Vineland or ABAS** are functional assessments useful for supporting the diagnosis of intellectual and developmental disabilities.

- Suzie Humphrey

## Medicare Referrals

New instructions from Medicare indicate that a GP referral letter to a psychologist MUST now specify the number of sessions being authorised.

Referrals for the initial 10 sessions per calendar year must stipulate the number of sessions, to a maximum of 6 sessions per referral.

A second block of 10 sessions can be referred per calendar year (referral stating 10 sessions).

- Suzie Humphrey

## Find-A-Word

### SELF CARE

W F T S E L B M U H S L M B P H L  
 G O E P O S D E T R U S T I N G S  
 T C I U P C P L E U L A V A A I E  
 M U R E M L I B L O V E Z W C I L  
 I S E T A Q F A Q H N S M M C I F  
 E E L N B H O T L Y Y U I R O N C  
 C L A S C O Q P O G I Y N E U D A  
 N F X G M P F E K I D M D S N E R  
 E I A S N A R C N E Q L F P T P E  
 D M T T S I N C V N U A U E A E G  
 I A I R L E T A Y E S C L C B N A  
 F G O O E N N R G H K Q N T I D R  
 N E N F E K S E O E W I E A L E U  
 O K S M P U V W R P M W S T I N O  
 C V R O X U E F B A P E S F T T C  
 J P F C O R L M N B W U N A Y Z X  
 B K T S M E M O R Y S A S T Y S Y

Acceptable	Accountability	Awareness	Calm
Comfort	Confidence	Courage	Focus
Humble	Hygiene	Independent	Love
Management	Memory	Mindfulness	Plan
relaxation	Respect	Self Image	Selfcare
Shower	Sleep	Social	Supporting
Trusting	Value		

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.