



# CQ Psych Services

Shop 1 & 2, 13 Tank St, Gladstone, Q, 4680

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P: 07 4972 6929  
F: 07 4904 1863

ABN: 33 625 476 271



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## PRACTICE INFORMATION

### Psychologists

Suzie Humphrey  
*BPsych (Hons), MForMentH, MAPS*

Tina Bunge  
*BPsych (Hons), Assoc. MAPS*

Caitlin Roffey  
*BPsychSc (Hons), Assoc. MAP*

Kelsie Realf  
*BPsychSc, GradDipPsychAdv, Assoc. MAPS*

Rhiannon Mulcahy  
*BPsych (Hons), PhD (Clin Psych), MAPS*

### Provisional Psychologist

Jessica Conroy  
*BPsychSc (Hons), BLM (Primary), Assoc. MAPS*

Tom Grainger  
*BPsychSc (Hons), Assoc. MAPS*

### Admin Team

Jessica Butler – *Business/Practice Manager*

Diane Furno – *Admin Officer*

Joanna Green – *Admin Officer*

Emily Humphrey – *Promotions & Business Assistant*

### Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

Closed Daily – 12:00 PM – 1:00 PM \*

\* Please leave a voice message during this time.

### Address


1 & 2, 13 Tank Street,  
Gladstone QLD 4680


### Contact Information

Phone: 07 4972 6929

[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 4, Issue 3 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

Over the last few months, we have had a number of new faces join our team. Jessica, a Master's candidate, joined us to complete her final university placement on the path to General Registration as a Psychologist. We have welcomed Jo as another admin team member, and Rhiannon, a Clinical Psychologist, has also come aboard as a subcontractor one day per week.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on depression and habits that maintain your depression. I hope you enjoy this issue.

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 & Principal Psychologist*

*BPsych (Hons), MForMentH, MAPS*

## HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4904 1863 or email [admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au). We accept GP Mental Health Treatment Plans, WorkCover 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.

## MEET RHIANNON

Rhiannon is a Clinical Psychologist whose qualifications include a Bachelor of Psychology (with Honors) and a PhD in Clinical Psychology. She has both depth and breadth of experience, working in public health and private practice settings for over 20 years. She has worked with infants, children, teenagers, adults, families and couples experiencing a wide range of difficulties.

Throughout her career Rhiannon has trained extensively to hone her knowledge and skills as a therapist. Her therapeutic approaches include Cognitive-Behaviour Therapy (CBT), Interpersonal Psychotherapy (IPT), Acceptance & Commitment Therapy (ACT), Emotion Focused Therapy (EFT), Psychobiological Approach to Couples Therapy (PACT), mindfulness-based approaches, and attachment informed therapies. Rhiannon recently completed the trauma focused training, Eye Movement Desensitization and Reprocessing Therapy (EMDR).

Rhiannon works with individuals of all ages, couples and families to support them as they navigate the inevitable challenges that arise across their lives.

Rhiannon is registered with the Australian Health Practitioners Regulation Authority (APRHA), is member of the Australian Psychological Society, and a Fellow of the Australian College of Clinical Psychologists.



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.

## CHRISTMAS CLOSURES

Wishing the community a safe and joyous festive season. Should you need to seek support during this time, please see below a list of crisis contact numbers.

**Emergency – 000**

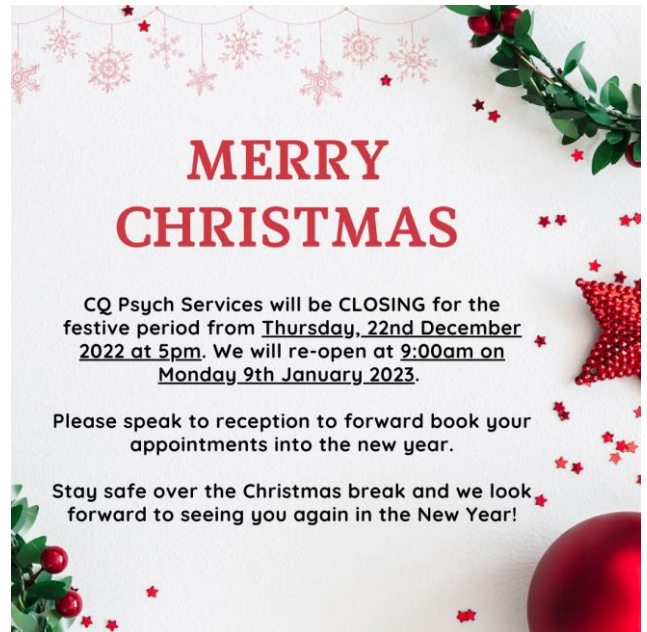
**Lifeline Australia – 13 11 14**

**Kids Helpline – 1800 55 1800**

**Beyondblue – 1300 22 4636**

**MensLine Australia – 1300 78 99 78**

**SANE Australia – 1800 187 263**



## JOBS AT CQ PSYCH SERVICES

The practice is comprised of modern workspaces and facilities to help support our team in the life-changing work they do.

If you want to expand your professional skills and build your career, all whilst making a difference, then this is the perfect place to do just that.

Employee & Contractor Options

- Provisional Psychologist
- Child & Adolescent Psychologist
- Adult Psychologist
- Paediatric Occupational Therapist
- Paediatric Speech Pathologist
- Mental Health Social Worker
- Animal Assisted Therapy Clinicians

Express Your Interest – Join Our Team Today

Email your resume and cover letter to [jessica@cqpsychservices.com.au](mailto:jessica@cqpsychservices.com.au)