



CQ Psych Services

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

E: admin@cqpsychservices.com.au
W: www.cqpsychservices.com.au

P: 07 4972 6929
F: 07 4904 1863

ABN: 33 625 476 271



IN THIS ISSUE

- Director's Message
- Clinic Update
- How to Refer to Us
- Meet Federica
- Telehealth

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

Tom Grainger
BPsychSc (Hons), Assoc. MAPS

Federica Kumpulainen
MProfPsych, Bsci (Hon)(Psychology), 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

Facebook & Website

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

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

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 5, Issue 1 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.

We welcome Federica Kumpulainen to the team as a Telehealth Psychologist (Provisional). Federica has commenced onboarding and will be taking new clients on in the coming weeks. She will be providing direct client services for Private Clients, WorkCover, NDIS and EAP referrals.

CQ Psych Services will be a community drop off point this March for the Dignity Drive. We invite the community to dig deep and donate towards this invaluable campaign "Share the Dignity".

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

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. 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 FEDERICA

Federica is a Provisional Psychologist registered with the Psychology Board of Australia. Prior to her provisional registration as a psychologist, Federica had a 15-year work history in human services, including families and couples' well-being, trauma informed intervention, mental health related issues and Employment Assistance Program (EAP). Federica has extensive experience working with people across the lifespan, from various backgrounds and cultures and with those seeking both short and long-term treatment. Federica's therapeutic approach draws from a range of outcome focused and evidence-based therapies (CBT, ACT, DBT, SFBT, Schema).

In her role, Federica will be developing informative documents for clients and clinicians, conducting client assessments, and providing therapeutic services directly to clients via telehealth only.

Approach to therapy

Federica's personal style is warm, engaging and builds upon her qualifications in psychology, counselling, and family therapy. Federica is very passionate about sharing her skills and knowledge in supporting her clients through their personal journey of self-discovery and self-actualisation. She believes that the therapeutic alliance sits at the core of a successful therapeutic intervention.

Federica completed her studies at the University of New England and is working under the supervision of Principal Psychologist and Director Suzie Humphrey.



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

TELEHEALTH

Is telehealth an option for me?

Our team at CQ Psych Services believes that distance shouldn't be a barrier to personal development, growth and change. That's why we have recently introduced a remote telehealth clinician to offer online consultations. This option is perfect for those living in remote locations, who are unable to travel for other reasons, want to avoid the travel time with work commitments, or who prefer to access support from the comfort of their own home.



This option has become very popular, you receive the same treatment as you would in face-to-face sessions, we just provide it through the use of technology. You can hop on your computer or use your smartphone. Our team are trained to connect with you via video link up or telephone. Telehealth sessions may feel different to face to face sessions but we will give you all the details and support that you need to successfully have your video session online.

To ensure that you get the most out of your telehealth appointments, there are several steps that you can take:

1. Ensure you have the right equipment (internet, charger, headphones, etc)
2. Find a private and quiet space free from any distractions
3. Prepare any notes or questions in advance so you don't forget
4. Have a pen and paper handy
5. Use expressive language
6. Relax, take your time and engage in the session

Telehealth offers flexibility in accessing services that can support you to live your best life.

For more information, or to book an appointment, please phone (07) 4972 6929 or email admin@cqpsychservices.com.au