



CQ Psych Services

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PRACTICE INFORMATION

Psychologists

Suzie Humphrey
BPsych (Hons), MForMentH, MAPS

Tina Bunge
BPsych (Hons), Assoc. MAPS

Kelsie Realf
BPsychSc, GradDipPsychAdv, Assoc. MAPS

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

Provisional Psychologists

Tom Grainger
BPsychSc (Hons), Assoc. MAPS

Nina Galletta
BPsychSc, GradDipPsych

OTHER PROFESSIONALS

Emily Humphrey
BLearnMgmt (Prim)

Admin Team

Jessica Butler – *Business/Practice Manager*
Diane Furno – *Administration Officer*
Kimberly Price – *Administration 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 6, Issue 2 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 are excited to announce that we now have a Capacity Building Clinician to work with our young NDIS clients. Emily is an existing team member, who is expanding her role with us. She is a registered Teacher who has completed specific training around Autism and ADHD and is currently studying a Masters Degree in Child and Adolescent Mental Health. Check out our Website for the services she will be offering.

We are also very excited to welcome Nina to our team. Nina has joined our clinical team as a Provisional Psychologist. She has come to us from a Private Practice setting in Cairns. Nina will be accepting new clients for assessments and therapy. Please join us in giving her a warm welcome to our clinic and the Gladstone region.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on the power of EMDR therapy and the upcoming Men's Health Week which is held on 10th-16th of June. 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 or accept EPC Plans. 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.

EXPLORING THE POWER OF EMDR

Many people who come to therapy have experienced big “T” and little “t” traumas in their life. Trauma refers to an emotional response to a distressing or disturbing event that overwhelms an individual's nervous system and their ability to cope over time. The impact of trauma can be long-lasting and can affect various aspects of a person's life, including their mental, emotional, and physical well-being.

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychotherapy technique developed by Dr. Francine Shapiro. It is based on the idea that traumatic experiences can overwhelm the brain's natural processing mechanisms, stopping them from being processed into memory. Instead, these memories and associated nervous system responses remain easily activated and arise in the form of distressing symptoms such as anxiety, flashbacks, and intrusive thoughts. EMDR utilises the brain's existing capacity to heal itself by ‘kickstarting’ the brain's ability to reprocess the memories and integrate them into memory storage.

The EMDR therapist supports the client to activate two regions of the brain simultaneously – the part that holds the traumatic experience and working memory. The neural networks that store the trauma are stimulated by the client holding a specific distressing memory in mind. Working memory, or attention, is activated simply by the task of watching the therapist move their fingers back and forth across the client's visual field. The subsequent eye movements are like those in REM sleep. With repeated sets of eye movements, the memory tends to change in such a way that it loses its painful intensity and simply becomes a neutral memory of an event in the past.

While EMDR is widely recognised for its effectiveness in treating PTSD, its applications extend beyond this specific disorder. EMDR has been successfully used to address anxiety disorders, phobias, depression, addiction, grief and even performance enhancement.

View our website for a full copy of the blog:
<https://cqpsychservices.com.au/2024/04/10/unlocking-healing-exploring-the-power-of-emdr-therapy/>

- Dr. Rhiannon Mulcahy

MEN'S HEALTH WEEK

International Men's Health Week is celebrated every year around the world in the middle of June. This year it is held on 10th-16th of June. Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing.

One in 8 men experience depression, 1 in 5 men experience anxiety and men make up 7 of every 9 suicides in Australia. These stats are just not acceptable. We can no longer overlook men's mental health, whether during Men's Health Week or beyond.

During this Men's Health Week, let's look at some of the signs and symptoms you may notice which could indicate an underlying mental health issue.

- Feeling tired most of the time
- Changes in weight such as significant gains or losses
- Feeling low, angry or irritable most of the time
- Difficulty sleeping or troubled sleep
- Feeling panicked, tense and/or on-edge
- Avoiding situations to prevent feeling worried

During Men's Health Week, we encourage you to take some time to really reflect on how you are doing. We also encourage you to reach out to your mates to let them know you are there if they need to talk. It's not weak to speak!



**2024 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek

Available Support Numbers:

- MensLine Australia - 1300 789 978
- Lifeline – 13 11 14
- Dad's in Distress – 1300 853 437
- Men's Domestic Violence Line – 1800 600 636
- Parentline – 1300 301 300
- Relationships Australia – 1300 364 277

Alternatively, here at CQ Psych Services we have both female and male clinicians who are passionate about men's mental health and the unique challenges that some men face in accessing services.

You can contact us to get further information or enquire about an appointment by emailing us at admin@cqpsychservices.com.au, contacting our friendly Administration Team on (07) 4972 6929 or submitting an online enquiry form on our website: <https://cqpsychservices.com.au/>