



CQ Psych Services

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

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IN THIS ISSUE

- Director's Message
- Clinic Update
- How to Refer to Us
- Meet Your New Counsellor
- Assessments Available

PRACTICE INFORMATION

Psychologists

Suzie Humphrey
BPsych (Hons), MForMentH, MAPS

Tina Bunge
BPsych (Hons), Assoc. MAPS

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

Tom Grainger
BPsychSc (Hons), Assoc. MAPS

Provisional Psychologists

Nina Galletta
BPsychSc, GradDipPsych, MAAPi

Counsellors

Sam Osmond
BCHC, ACA

Capacity Building Clinicians

Emily Humphrey
BLearnMgmt (Prim), QCT

Client Relationship Team

Jessica Butler – Business/Practice Manager
Diane Furno – Administration Officer
Kate Turnbull – Administration Officer
Emma Perrin – 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 7, 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 are excited to welcome Sam, our newest team member. Sam is a registered counsellor and psychotherapist. She has joined our wonderful clinical team, providing counselling services to individuals and couples.

We are also excited to have introduced a number of furry friends (weighted teddys) into the clinic to support the wellbeing of both our clients and team members. Check out our social media posts where we have been introducing Sloe the sloth, Flopsy the bunny, Tum Tum the elephant, Okie the orangutang, and others.

There have also been some upgrades in the clinic. The lighting in each clinic room can now be dimmed to create a softer atmosphere and reduce sensory discomfort for clients and team members alike. The feedback from clients so far has been very positive.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on our new Counsellor, Sam Osmond, and assessments available in our clinic. 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.

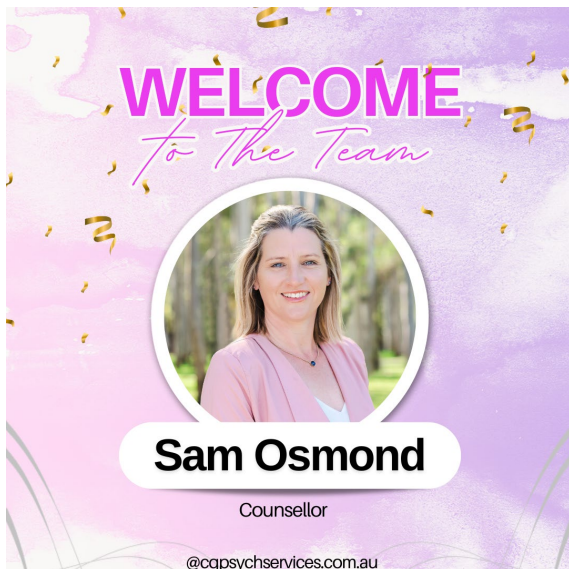
MEET YOUR NEW COUNSELLOR: SAM OSMOND

Sam is a clinical counsellor and psychotherapist who is passionate about working with her clients to explore and deepen their understanding of themselves, their relationships and their world around them. She is a member of the Psychotherapy and Counselling Federation of Australia (PACFA). With many years of experience working in the industry, Sam has worked with a wide range of presenting issues and clients. She has a special interest in parenting support, couples therapy, working with adolescents, anger management, depression, anxiety and mental health support.

Sam's authentic and empathetic approach creates an environment for curiosity and an openness to explore within. She's respectful, non-judgmental and works collaboratively with her clients to acknowledge, explore and sit with all parts of themselves. With growing new knowledge about themselves, clients are uncovering opportunities to create meaningful change in their lives.

Each session is tailored to meet clients with where they are at. Sam sees each person's experience as unique and based on their own personal experiences. She uses a variety of therapeutic approaches dependent on the clients' needs. These include Acceptance and Commitment Therapy, Mindfulness, Person-Centred Therapy, Dialectical Behavioural Therapy, Resource Therapy and Narrative Therapy. Sam believes counselling is a space to learn more about yourself, your relationships and how your life experiences impact and help shape you.

- Sam Osmond



ASSESSMENTS

CQ Psych Services offers a range of psychological services, including formal assessments.

Available Assessments:

- ✦ Cognitive Assessment (Child) - WISC-V
- ✦ Cognitive Assessment (Adult) - WAIS-IV
- ✦ Achievement Assessment - WIAT-III
- ✦ Memory Assessment - WMS
- ✦ Adaptive Behaviour Assessment- ABAS-3
- ✦ Behaviour Assessment - CBCL 6-16
- ✦ Personality Assessment - PAI
- ✦ ADHD - Conners' (Child) or CAARS (Adult)
- ✦ Autism - MIGDAS-2
- ✦ Vineland Adaptive Behavior Scales (Vineland-3)
- ✦ Behavior Rating Inventory of Executive Function (BRIEF)
- ✦ Brown Executive Function/Attention Scales (Browns EF/A Scales)

For more information relating to assessments or to book an appointment, please phone (07) 4972 6929 or visit our website.

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/>