



CQ Psych Services

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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

Elizabeth Norris
BPsych (Hons), MAPS, FAPSCOP

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

Address

1 & 2, 13 Tank Street,
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Contact Information

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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 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 welcome Elizabeth, our newest team member. Elizabeth is a registered Psychologist. She has joined our wonderful clinical team, providing therapeutic services to individuals on Wednesday and Friday each week.

We are also excited to have taken part in some wonderful training opportunities that have focused on Specific Learning Disorders, Autism and ADHD. We have a number of clinicians in the team who offer assessment in these areas and who have enjoyed accessing advanced training.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on our new Psychologist, Elizabeth Norris, and information on what to expect in your 1st session with a Psychologist. 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.

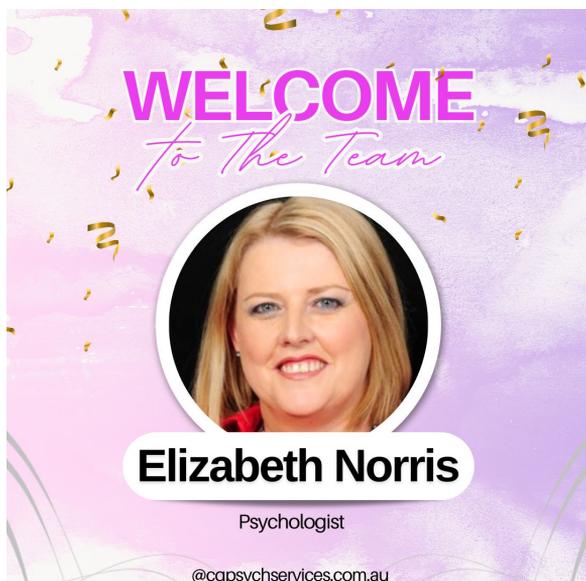
MEET YOUR NEW PSYCHOLOGIST: ELIZABETH NORRIS

Elizabeth has more than 3 decades of experience practising as a Psychologist, including 25 years operating as an endorsed Organisational Psychologist and 11 years as a Board Approved Supervisor for Provisional and Registrar Psychologists.

Elizabeth works specifically with an adult clientele, across a broad range of occupational and clinical areas. She has developed expertise in supporting clients with trauma recovery or complex workplace issues. She offers evidence-based interventions in respect to anxiety, career development and change, depression and mood change, discrimination, relationships at work, stress management, workplace bullying, sexual harassment or personal harm, recovery from work injury and rehabilitation, loss and grief, communication and managing feedback, life transition and adjustment issues, health related issues, work demands/motivation, resilience building, organisational change, addiction, assertiveness, betrayal/guilt/shame, burnout, and ethical issues.

Elizabeth draws heavily on Cognitive Behavioural Therapy (CBT), Brief Solution Focus (BCF) Strengths Theory, Briere's complex trauma interventions, Transformational Leadership models, & Positive Psychology to inform her practice. She is committed to providing a safe trusted space to allow you to reflect about making personal change. She will seek to facilitate your greater appreciation of your internal resources and other protective factors, to leveraging your personal strengths.

- Elizabeth Norris



WHAT TO EXPECT IN YOUR 1ST SESSION WITH A PSYCHOLOGIST

Given the prevalence of mental health issues in the current climate, more people than ever are accessing support from mental health professionals... and it is fantastic to see that people are taking the initiative to access this kind of support to help improve their mental well-being. However, there are still a lot of people who battle with mental health struggles everyday who don't access these kinds of supports due to "fear of the unknown". As a psychologist, I have found that one of the main reasons people avoid starting therapy is because they don't know what to expect. Well, I thought I could give you a bit of insight into what the first session with a psychologist generally looks like.

CHECK IN - I generally like to check in with a new client at the start of their first session to see how they're feeling. It's a big step for most people to see a psychologist for the first time and the idea of meeting a stranger and sharing personal issues and worries can be quite daunting and overwhelming. As such, I want to make sure that I'm doing everything I can to help allow the client to feel comfortable and at ease.

CONFIDENTIALITY - As most people are aware, psychologists are required to maintain confidentiality regarding any client information. This is often a discussion point quite early in the first session as it generally helps the client feel more at ease knowing their private information is safe and secure.

INFORMATION AND HISTORY GATHERING - The majority of the first session is based around information gathering which is a collaborative process between you and your psychologist. I often encourage the client to start sharing from wherever they feel comfortable. However, I also have a structured list of questions to help me collect information in case the client would prefer the session to be more guided by their clinician.

GOAL SETTING - Perhaps the most important part of your first session with a psychologist is goal setting. Your goals can be anything...whatever you feel therapy can help you with. It could be to be more social, to manage work-related stress, or improve your mood, or even to investigate a potential diagnosis.

Read the full blog on our website!

- Tom Grainger

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/>