



CQ Psych Services

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Client Relationship Team

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Kate Turnbull – Administration Officer
Emma Perrin – Administration Officer
Helen Harbourne – Administration Officer
Tyson Phillips – Administration Officer
Emily Humphrey – Promotions & Business Assistant

Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

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Facebook & Website



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



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

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 8, 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 Helen and Tyson to our existing admin team, bringing a wealth of experience and a warm, welcoming presence for our clients. Providing high-quality, industry-leading administrative support continues to be a key priority at CQ Psych Services.

Attending the recent Carers Expo was a highlight for our team, with many valuable conversations and the opportunity to support students exploring careers in mental health.

We currently have immediate availability for a range of psychological assessments, with therapy appointments continuing to operate on a 3 - 6 month waitlist and can fluctuate.

With continued growth and strong referral demand, we are currently inviting Psychologists, Provisional Psychologists, Counsellors, and other mental health clinicians to express interest in joining our team. Please visit our website for more information.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes our newest blogs, *How People With ADHD Learn Differently* and *A Clearer Way To Communicate*. 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 PEOPLE WITH ADHD LEARN DIFFERENTLY

It has often been said that having a neurodiverse brain (e.g., a brain with ADHD, Autism etc.) is NOT a deficit, but rather a simple difference in brain chemistry... and that's 100% correct. However, while this knowledge has become more widely understood and accepted in society, many people still don't have a solid understanding of what these differences entail.

One of the key differences among people with ADHD is how they learn. This is an important factor to consider as many classrooms, universities, and workplaces are not necessarily designed to teach in a way that is very "ADHD-friendly". Below are some examples of how people with ADHD may learn differently to neurotypical people...

- **Visual Learners:** Typically, neurodiverse people tend to be visual learners and are able to process information much more easily and efficiently when they are being shown how to complete a task.
- **"Hands-on" Learners:** People with ADHD tend to enjoy more "hands-on" learning tasks that allows for regular movement and physical engagement in the task (E.g., PE, metal work, music, art, etc.).
- **Fidgeting:** People with ADHD are often able to focus much better when they are able to fidget with various sensory items, as this allows them to expend excess energy.
- **Routine:** People with ADHD can often struggle with memory in their day-to-day lives. As such, building in routines (broken down into smaller achievable tasks) for everyday activities can be extremely beneficial.
- **Rotating Tasks:** People with ADHD tend to have shorter attention spans than neurotypical individuals. Changing from one task to the next sooner can help restore focus for a brief period of time. E.g., work for 10 minutes on one task, 10 minutes on another task, and then return to work for another 10 minutes on the first task.

If you want to learn more about ADHD as well as "ADHD-friendly" learning strategies, our team of highly skilled and well-experienced Psychologists and mental health professionals are here to help.

View our website for a full copy of the blog:
<https://cqpsychservices.com.au/2026/03/13/how-people-with-adhd-learn-differently/>

- Tom Grainger

A CLEARER WAY TO COMMUNICATE

It is common for people to feel unsure about how to communicate, particularly during difficult or emotional conversations. They might avoid speaking up just to keep the peace or say something only once frustration has built up to a breaking point. 'I-Statements' provide a helpful structure to communicate in a way that is clearer, more respectful and more likely to be heard.

What are I-Statements?

I-Statements are a way of describing your internal experience, rather than focusing on the other persons perceived fault. They shift communication away from blame and toward self-expression.

Rather than leading with "you did something wrong," an I-Statement leads with "this is how I experienced the situation."

An I-Statement is:

I feel... when... because... and I need/would appreciate...

For example:

"I feel frustrated when decisions are made without me, because it leaves me feeling excluded. I'd appreciate being included in those conversations."

Why I-Statements help (and there limits):

Language that assigns blame can often trigger defensiveness, making it harder for the other person to listen or reflect. I-Statements tend to reduce this reaction by focusing on impact rather than fault, which can support more open and constructive conversations. However, I-Statements are not a way to soften or dilute a message, nor do they guarantee a positive response.

What this means for you:

Learning to use I-Statements is less about memorising a formula and more about developing self-awareness: noticing what you feel, why it matters, and what you need. For many people, that awareness alone is a meaningful shift.

Read the full blog on our website!

<https://cqpsychservices.com.au/2026/05/15/a-clearer-way-to-communicate/>

- Nina Galletta

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/>