



Eve Dyer Consulting Pty Ltd

Psychologist Reg: 1012655 ABN: 49 086 155 268

Client Information Letter

Services:

I provide psychological counselling, therapy and coaching for many of the personal and relationship difficulties which can occur in life. I work with adults, individuals and couples, for personal issues including anxiety, depression, stress, low self-esteem, sexual difficulties, adjustment and grief. And for difficulties in relationships, families and work environments. After exploring your difficulties and your goals, I will work with you to assist you to resolve your problems and to bring about the changes that you want in your life. If necessary, I will refer you to other practitioners for your specific goals.

Psychotherapy requires a commitment from yourself and a willingness to consider change if you wish things to be different in your life. You have the right to end therapy at any time. I use different types of therapy depending on the issues that you wish to work on and your goals. This may include cognitive behavioural therapy, solution-focussed therapy, emotion-focussed therapy and hypnotherapy. The changes that occur within yourself during therapy may have an impact on others in your life.

Privacy and Confidentiality:

Information which applies to your counselling sessions will be maintained in a secure manner. The information held is likely to include personal contact details, session notes, assessments (including copies of psychological measures if any are completed), treatment plans, financial information (i.e. receipts), letters to/from other professionals (if you have provided your consent) and other relevant information.

Contact will not be made with other parties without your consent, except if I am concerned about a serious risk of harm to yourself or another person or if there is a legal court request for information. Where possible, I will first seek to obtain your consent in these cases. If I see you in a public place, I will not make it known that I know you, again to protect your privacy.

Appointments:

Appointments last about 55 minutes, and are scheduled as often as suits you. I will suggest what is most likely to be helpful. These can be booked as a group of sessions or individually. If you are more than 15 minutes late for an appointment, the appointment will be considered cancelled.

Please provide at least 24 hours notice to cancel appointment, otherwise there is likely to be a cancellation surcharge added to your next session. Future booked appointments will also be cancelled if an appointment is missed, and I am likely to require a deposit if multiple appointments are missed before I accept a further booking.

Payment:

Payment is either by cash, debit card or credit card at the time of the appointment. Refunds for psychological services are available from Medicare if you have a G.P. referral, and from many private health funds. As very little cash is kept on the premises, it will be greatly appreciated if you can bring the correct change if you are paying in cash.