

Information sheet: **Psychology Services**

What does a Psychologist do?

Psychologists work with everyday people to provide a forum for goal setting, problem-solving, improving and maintaining quality of life.

The Psychologist's role is to provide support using evidence-based strategies and provide information that helps people to deal with issues that affect their well-being and relationships with others, which can as a result impact on their routines, and completion of important activities of daily living.

Our Psychologists are trained in several person and family-centred therapies including traditional therapies, and contemporary styles for clients of all ages and stages. He has experience working with depression, anxiety, self-esteem, adjustment disorders, sensory processing disorders, conduct disorder, panic attacks, anger management, behavioural issues, relationship difficulties, communication issues within a school and the workplace and many other common psychological issues. Our Psychologists aim to work with people toward what is most important to them.

Areas we commonly work on with our clients include:

Depression
Self Esteem
Anger
Frustration
Anxiety

Self-Harm
Self-Care
Relationships
Sensory Processing
Foster Care Challenges

School Refusal
Attention
Mindfulness
Confidence

At Harper's Health our team can complete assessments to support diagnosis by GPs and Paediatricians and report current and accurate information and ideas to support clients.

What Rebates and Funding are available?

Clients are eligible for rebates through Medicare, NDIS plans and Private Health rebates where applicable.

Where are we located?

2 Lorn Street Lorn NSW 2320. We have a modest but efficient clinic space which we pride our ability to demonstrate family friendly and cost-effective options and ideas that we encourage you to replicated in your own home. Home and school-based sessions also available via our mobile service in Cessnock, Singleton, Lack Macquarie and Newcastle.

How to refer?

We encourage you to contact us today with any questions you have. We do have a waiting list however do also offer short notice cancellations for new clients when they are available.

Thankyou!