

## 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!**