

COUNSELLING POLICY 2024



No MHTP REBATE

Couples Counselling is **not covered by the MHTP** (Mental Health Treatment Plan). As a private holistic counsellor, I do not offer the MHTP rebate. My fee structure is designed to cost roughly the same as the MHTP after rebate.



GET INSURANCE COMPANY REBATE FIRST

Please ensure you have **clearance from your insurance company prior to engaging in counselling**. As a holistic counsellor, I do not have a 'provider number' nor do I engage in the MHTP (Mental Health treatment plan). If your insurance company is prepared to engage my services, please request the **Billing Address, appropriate Item Numbers and Fee Schedule**. Your invoice will be emailed to you once you have paid it up front in session, and you can claim it from your insurer.



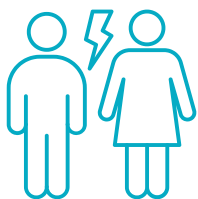
SURCHARGE TO SUBMIT COURT DOCUMENTS

If you require these items, please advise your therapist in the first session. You will need to book a session for the letter to be generated, to ensure the prescribed requirements are met by the correspondence. Any documentation will attract a fee of **\$150 per document set** to cover therapist time, scanning and printing costs.



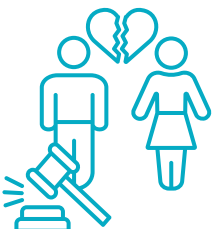
DOMESTIC VIOLENCE NOT TOLERATED

If there is domestic violence at play in your relationship (refer the Duluth model) please alert your therapist at the initial consult, as the therapist cannot guarantee your safety post session for what is said in session. You will need to approach **DVConnect** or **The Centre for Woman & Co.** for support, and couples counselling will only progress on the grounds of receiving support from these organisations based on their permission.



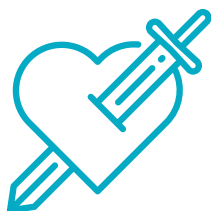
BREAK UP AT HOME NOT IN SESSION

Your therapist **does not facilitate break up conversations**, especially when it comes out of the blue. Please respect your partner as a human being, who deserves a comfortable, safe environment for their emotions. Your partner may experience shock and lose their social mask. This can be terribly embarrassing and shaming for your partner, in most cases, to have this done outside the home, in a public space, in front of another person.



SEPARATION TRANSITION

If **both of you** would like the therapist to facilitate a break up conversation **post breakup**, and to manage the transition to separation, this is most certainly a possibility for us to create but please discuss this with the therapist first. Support is available to help manage the transition throughout the separation process but you *both need to attend session*.



BETRAYALS

It is not possible to conduct couples counselling if an affair is ongoing. The affair must be **ended** prior to commencing counselling with your partner or else therapy will not work.

