

# Reference Guide

These resources support therapy preparation and complement standard referral pathways. Select based on patient presentation and readiness for reflection work.

### Understanding your Mental Health Treatment Plan

- How Medicare covers your psychology sessions
- When to plan your GP review
- How to claim your Medicare rebate

### The Role of Self-Reflection

#### First Time Referral Considerations

- New to psychological support
- Unsure about therapy process
- Needs structured introduction
- Appreciates preparation time

### Understanding Your Expectations

#### Processing Previous Experiences

- Has prior therapy experience
- Expresses specific concerns
- Holds strong preconceptions
- Seeking clarity on goals

### Understanding Your Support Network

#### Support System Exploration

- Exploring available resources
- Discussing isolation concerns
- Examining relationship patterns
- Preparing for deeper work

### Finding your Psychologist

- What is a Meet and Greet and why to book it?
- Questions to ask in your first meeting
- What to consider when choosing a psychologist

### Understanding Your Readiness for Change

#### Change Readiness Assessment

- Shows change ambivalence
- Concerned about pacing
- Had previous challenges
- Exploring readiness

### Understanding Your Direction

#### Engagement Preparation

- Ready for therapeutic work
- Interested in structured support
- Motivated for self-reflection
- Preparing actively for referral

### Key Distribution Tips

- Offer based on patient readiness
- Can be used sequentially or individually
- Supplements clinical judgment
- Supports referral process
- Useful during wait times

# Understanding Your Mental Health Treatment Plan

Your GP has created a Mental Health Treatment Plan to help you access Medicare-supported psychological care. This guide explains how to use your plan and access the support you need.

### Understand Medicare Benefits

- 10 individual sessions per calendar year
- 10 group sessions per calendar year
- Sessions reset on January 1st
- Face-to-face and telehealth sessions are available with Medicare Rebates.

### Book your Session

- Phone the practice or book online
- Mention your Mental Health Treatment Plan
- Bring your referral to your first session
- Ask about fees and Medicare rebates

### Medicare Claims

- Many practices offer immediate claiming. Ask your practice.
- Or you can submit your invoice via Medicare online or Medicare app

### Find your Psychologist

- Use your GP's recommendation if provided
- Or search through the Australian Association of Psychologists Inc. ([aapi.org.au](http://aapi.org.au)) for a registered psychologist.

### Plan your Review

- After the six-session ask your psychologist to send a review letter to your GP
- Book an appointment with your GP
- Get approval for additional sessions if needed.
- Bring your GP's review letter to your psychologist.

### Remember

- There might be some out-of-pocket costs depending on the practice and practitioner. Don't forget to ask.
- Keep track of your sessions to manage your care

# Finding your Psychologist

Looking for a psychologist is an important step. This guide provides some questions you may want to ask, before deciding if they are right one for you.

### Meet Them First

Some psychologists offer a short "meet and greet." This helps you to:

- See if you feel comfortable with them
- Learn how they work
- Ask questions
- Ultimately, decide if they are right for you.

### Questions About Working Together

- What happens in a typical session?
- How long does each session take?
- How often would we meet?
- Do you offer video, or phone sessions?

### Questions About Practical Matters

- What days and hours do you work?
- What are your fees?
- Can I use Medicare?
- What is your cancellation policy?
- How do I book or reschedule an appointment?

### Questions About Experience

- Have you worked with [your type of concern] before?
- What kinds of therapy do you use?
- How do you usually work with people?

### Questions About Sessions

- How do you help people feel comfortable?
- What if I don't understand something?
- Do you give tasks to try at home?
- Do you provide resources or give support between sessions?

### Remember

- Different psychologists work in different ways
- It is okay to ask about their approach
- Your GP make recommendations
- Take time to find someone you feel comfortable with.

# Under- standing the role of self- reflection.



Self-reflection is a valuable tool that can enhance your therapeutic experience. This resource provides structured exercises to help you prepare for and make the most of your therapeutic conversations.

### Step One

- Notice: What situations regularly prompt strong reactions?
- Record: When do you feel most at ease or challenged?
- Observe: What recurring thoughts arise during your day?

### Step Two

- Take a moment to notice your current state
- Observe without judgment
- Note any physical sensations or thoughts

### Step Three

- What typically draws your attention?
- How do you respond to unexpected changes?
- What activities help you feel centred?

### Step Four

- Consider keeping brief notes about your reflections
- Remember there are no "right" or "wrong" observations
- Your insights can help inform therapeutic discussions

# Under- standing your readiness for change.



As you prepare for therapeutic support, reflecting on how you approach change can help create a more effective experience. This resource helps you explore your relationship with adjustments and transitions.

### Change Patterns

- How do you typically respond to change?
- What helps you feel ready for adjustments?
- Which changes feel manageable/challenging?

### Current Readiness

- What small changes feel possible now?
- Where do you notice resistance?
- What supports help during transitions?

### Preferences

- What pace of change works best for you?
- How do you prefer to approach new situations?
- What helps you feel grounded during change?

### Your Insights

- Consider sharing your reflections in therapy
- Remember there's no "right" pace for change
- Small steps can lead to meaningful progress

# Under- standing your expectations.



As you prepare for therapeutic support, understanding your expectations can help create a more effective experience. This resource helps you explore and reflect on your thoughts about the therapeutic process and past experiences.

### Current Expectations

- What brings you to seek support now?
- What would a helpful outcome look like?
- How do you imagine the process working?

### Past Experiences

- What previous experiences shape your views?
- Which approaches have felt helpful before?
- What would you like to be different?

### Personal Readiness

- What feels important to discuss?
- Which topics seem challenging to explore?
- What support might be most helpful?

### Your Insights

- There's no single "right way" to engage in support
- Your expectations may shift over time
- Open reflection supports the process

# Under- standing your direction.



As you prepare for therapeutic support, reflecting on your direction and intentions can help create meaningful progress. This resource helps you consider what you might like to express in your first session.

### Present Awareness

- What matters most to you right now?
- Where would you like to focus attention?
- What feels important to understand?

### Moving Forward

- What kind of support feels most relevant?
- How might you engage with the process?
- What would help you stay connected to your intentions?

### Personal Resources

- What helps you stay focused on what matters?
- How do you maintain momentum?
- What reminds you of your priorities?

### Your Insights

- Consider sharing these reflections in therapy
- Remember intentions can shift with understanding
- Your direction may evolve through the process

# Under- standing your support network.



As you prepare for therapeutic support, understanding your existing relationships and support systems can enhance your therapeutic experience. This resource helps you reflect on your connections and communication patterns.

### Current Support

- Who do you turn to when challenges arise?
- What types of support feel most helpful?
- How do you typically ask for help?

### Communication

- How do you express needs to others?
- What makes sharing feelings easier/harder?
- When do you feel most understood?

### Preferences

- What kind of support works best for you?
- How comfortable are you receiving help?
- What makes support feel meaningful?

### Your Insights

- Consider sharing relevant observations in therapy
- Remember that support needs may change
- Different situations may require different support