

THIS Psychologist

Location: 5 / 40 Torquay Road, Pialba, QLD, 4655

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Psychologist, Liz Blight, Medicare provider number: 5292222W

Schedule of Fees for Psychological Services

General Information

Liz Blight of THIS Psychologist is a fully qualified psychologist, is registered with AHPRA as a general psychologist, and is a member of the Australian Association of Psychologists Incorporated.

Liz has trained in a range of treatment modalities and will incorporate strategies and approaches (e.g., in relation to Attachment, Trauma, Systems, Polyvagal, Theraplay, Schema, Cognitive, Behavioural, and Narrative Therapies) as deemed appropriate for the situation, and as agreed to by the client. Sessions may be for an individual or a combined appointment to support relationships.

Prior to commencing treatment Liz will discuss the proposed treatment approach with you and ensure you understand the rationale for the approach, including any identified risks and whether a Medicare rebate will be applicable.

Liz is a registered facilitator of Circle of Security - Parenting and a provisionally registered facilitator of Applied Suicide Intervention Skills Training (ASIST).

Liz is a registered provider with Medicare for Medicare related rebates and for Department of Veterans' Affairs services.

THIS Psychologist is not a registered NDIS provider, however, is able to provide services under self-managed NDIS packages.

Table of Services and Fees

The below list outlines the fees to be paid for the psychological and other related services that are available from THIS Psychologist.

This schedule is subject to change without notice. The fees listed do not include GST. Psychological appointments are GST exempt, however other services attract GST.

From July 2022, the recommended fee for a 40 to 60-minute consultation was set at \$280.00 by both the Australian Association of Psychologists Inc and the Australian Psychological Society.

The session payment is due at the time of the appointment unless prior arrangements have been made. Payment can be made by cash, EFTPOS, direct deposit, or cheque.

Cancellation fee:

A cancellation fee of \$100.00 is charged when less than 24 hours' notice is given for not attending an appointment. This fee must be paid before a subsequent appointment can be booked. A Medicare rebate cannot apply to missed appointments and Third-Party payers are

not responsible for payment of a late cancellation fee.

Fees for Psychological Service:

* Short consultation (30+ minutes) for purpose of Pregnancy Support Counselling in rooms - \$150

Medicare item: 81000, possible rebate: \$65.75, Out of pocket expense: \$84.25

*Short consultation (30+ minutes) in rooms or Telehealth - \$150

Medicare items: 80100, 80101, possible rebate: \$63.55, Out of pocket expense: \$86.45

*Short consultation (30+ minutes) out of rooms - POA

Medicare item: 80105, possible rebate: \$86.45, Out of pocket expense: subject to agreed fee

* Standard Consultation (50+ minutes) in rooms or Telehealth - \$200

Medicare items: 80110, 80111, possible rebate: \$89.65, Out of pocket expense: \$110.35

* Standard Consultation (50+ minutes) out of rooms - POA

Medicare item: 80115, possible rebate: \$112.60, Out of pocket expense: subject to agreed fee

* Extended consultation (90+ minutes) in rooms or Telehealth - \$320

Medicare items: N/a, possible rebate: \$0, Out of pocket expense: \$320

* Extended consultation (90+ minutes) out of rooms - POA

Medicare items: N/a, possible rebate: \$0, Out of pocket expense: subject to agreed fee

* Group consultations (60+ minutes) in rooms, or Telehealth - POA

Medicare items: 80120, 80121, possible rebate: \$22.90 per person, Out of pocket expense: subject to agreed fee

* Group consultations (60+ minutes) out of rooms - POA

Medicare items: N/a, possible rebate: \$0, Out of pocket expense: subject to agreed fee

*DVA services - subject to DVA fee schedule

Out of pocket expense: \$0

NOTE: POA = Price on application; out of rooms refers to any service provided at a location other than 5 / 40 Torquay Road, Pialba, 4655.

Other professional services

Other services requested to be completed by THIS Psychologist, such as those listed below, are charged on a pro-rated basis (the hourly cost is broken down). GST applies to these services.

These services include:

*Reports and other written documents - \$200 per hour (under 15 minutes not charged)
e.g., correspondence with the referring GP is not covered by the cost of consultations, so is charged separately.

*Psychological assessments - \$280 per hour

Psychometric tests are utilised to complete Psychological assessments. The processes involved in conducting Psychometric tests include allocating time for client/parent interview and

feedback, test administration, scoring and interpreting results and report writing. Psychological assessments may require multiple tests and other clinical interviews. For example, some Behavioural Screening tests take up to 3 hours of a psychologist's time, DSM-V Diagnostic and Development Test, Cognitive Abilities Tests and more in-depth Behavioural Assessments include a minimum of 6 hours of a psychologist's time (\$1560.00).

*Report preparation - \$280 per hour

A referring agency or client may request a Psychological Report by written request with written consent from the client and or Legal Guardian. Verbal requests and consent will not be accepted.

Reports must comply with rigorous professional standards and typically include such components as psychological history, history of presenting issues, current conditions, assessments conducted, interventions and recommendations.

The Report length and cost depends on the complexity of the assessment and report requirements and will therefore vary according to specific requirements within the request.

A quote will be provided prior to commencing the Report Writing process. The formula used to calculate the final report fee is; $RC = Fr + Pwt + Rr + At$. As a guide, the starting cost for a brief psychological report is \$780.00. Please note payment terms are that the report is released within 48 hours of invoice being paid in full.

♣ Report Cost (RC), File review (Fr), Professional writing time (Pwt), Report review time (Rrt), (Administrative time).

Please note – completion of assessments for Report writing purposes is charged separately under the psychological Assessments rate.

*Case Conference - \$280 per hour

Case Conference is when consultation occurs between the Psychologist and others, typically outside the clinic setting. This rate is for professional time only and additional cost, such as travel time, may apply.

*Travel - \$170 per hour

Travel time is charged for psychologist traveling to and from required locations. The cost of travel (personal vehicle, taxi or air travel as required) is charged as per item above. Air Travel must be premium economy or business class fare with insurance. Accommodation is at a minimum of 4-star hotel including breakfast

*Training / Professional Development - POA

Circle of Security – Parenting

♣ Medicare group rebate may apply in some circumstances

Applied Suicide Intervention Skills Training (ASIST)

Other under development

♣ e.g., target group – the professional workforce engaged with children and/or parents.

Costing varies significantly in relation to group size, location, supply of resources and other costings.

To discuss these fees in more detail or to obtain a pricing for POA items, please contact THIS Psychologist on the contact details in the header.

Medicare rebate criteria

Liz Blight is a registered Medicare provider of psychological services.

It is important to note that Medicare dictate the therapeutic approaches to be incorporated in Medicare Rebated sessions along with the number of rebated sessions available to a client per calendar year (6 sessions, increasable to 10 on request - additional 10 related to COVID only available until 31-12-2022). It is also essential that a referral from a GP or medical practitioner who is managing the patient under a GP Mental Health Treatment Plan (GP items 2700, 2701, 2715, 2717; medical practitioner items 272, 276, 281, 282), or for Pregnancy Support Counselling is in place before a Medicare rebate can be claimed for services provided. This also means that the client needs a valid Medicare card for the rebates to occur.

Approaches that are supported by Medicare include:

- Psycho-education (including motivational interviewing)
- Cognitive-Behavioural therapy (Behavioural focus: behaviour modification, exposure techniques, activity scheduling. Cognitive focus: cognitive therapy)
- Relaxation strategies (progressive muscle relaxation, controlled breathing)
- Skills training (problem solving, anger management, social skills, communication, stress management, parent management training)
- Interpersonal therapy (especially for depression)
- Narrative therapy (for Aboriginal and Torres Strait Islander people)
- Eye-Movement Desensitisation Reprocessing (EMDR)

Specific eligibility criteria

Medicare Telehealth / videoconference:

- the attendance is by video conference; and
- the patient is not an admitted patient; and
- the patient is located within a telehealth eligible area; and
- the patient is, at the time of the attendance, at least 15 kilometres by road from the psychologist.

Medicare Groups:

- 6 – 10 participants.
- 60+ minute sessions, up to 10 sessions in a calendar year including items 80020, 80120, 80121, 80145, 80170).
- Participants referred by a medical practitioner as part of a GP Mental Health Treatment Plan or shared care plan, or by a medical practitioner (including a general practitioner, but not a specialist or consultant physician) who is managing the patient under a referred psychiatrist assessment and management plan; or referred by a specialist or consultant physician in the practice of his or her field of psychiatry or paediatrics.
- Sessions deliver Medicare approved psychological strategies for a targeted mental disorder.

Medicare Pregnancy Support Counselling:

- Up to 3 non-directive pregnancy support counselling services per client, per pregnancy in relation to Medicare items 81000 (psychologist), 81005 (social worker), 81010 (mental health nurse), and 4001 (GP).

- Client is currently pregnant or has been pregnant in the preceding 12 months.
- Sessions address any pregnancy related issue relevant to non-directive counselling.

Department of Veterans' Affairs:

- Veteran Gold card holders.
- Veteran White card holder with mental health cover.
- Current and former full-time members of the ADF (including reservists who have at least one day of continuous full-time service).
- Approval is required by DVA prior to initiating services – see <https://www.dva.gov.au/health-and-treatment/injury-or-health-treatments/mental-health-care/free-mental-health-care> for the process to obtain approval.
- Access a provider that accepts a Veteran Card for payment.

Engaging services

To engage the services of THIS Psychologist you are invited to make direct contact with the service. If requiring rebated services, please speak with the referring body before scheduling an appointment.

In relation to GROUP Services and Fees

Schedule of Fees for Psychological Services

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Group programs with multiple sessions may be paid in advance or on a session basis. When agreeing to engage in a program with multiple sessions, the participant is expected to attend all scheduled sessions. Sufficient prior notice may allow negotiation of suitable arrangements, however this is not guaranteed. Missed sessions may prevent progression through the program.

Cancellation fee:

A cancellation fee of 50 percent of the session fee is charged when less than 24 hours' notice is given for not attending.