

## Commonly Asked Questions

### ***How much does the service cost?***

Our psychologists bulk bill Medicare for clients with a referral from a GP so there is no cost involved for the family.

### ***Can I join in on sessions?***

Yes, sometimes the psychologist will need to work together with both the child/adolescent and their parent/guardian. Please speak directly with the school psychologist regarding joining in on sessions.

### ***My child's school does not have an In-School Psychology psychologist working there?***

If you would like your child to receive our service then please speak with your school's wellbeing coordinator about your concerns, and ask them to contact us directly. You may like to refer them to our website.

### ***How many free sessions is my child entitled to?***

Medicare funds up to 6 initial sessions. After the initial 6 sessions the psychologist will send a brief progress report to the child/adolescent's GP. If necessary the psychologist will request an additional 4 sessions. You will then be required to go back to your GP and get a new referral for the remaining 4 sessions before the psychologist can continue working with the child/adolescent. Medicare also funds up to 10 group sessions per year and up to 20 sessions for children with an Autism Spectrum Disorder.

### ***Is the psychologist employed by the school?***

No. In-School Psychology psychologists are private psychologists who work onsite at schools for the convenience of children, adolescents, families and schools. The psychologists are independent from the school system.

## Parents, where to from here?

If you or the school feels your child would benefit from working with one of our psychologists then you need to complete the following steps.

1. Complete the GP information form provided to you by the school. In some situations the school will complete the letter for you or with you, depending on what the presenting concerns are.
2. Take the letter along with the child/adolescent to your local GP and request a referral under the Better Access To Mental Health Care Initiative to a psychologist. When making your appointment with the GP let them know it is for a referral to a psychologist, as this requires a longer appointment time.
3. Complete the consent form and return to the school with the GP referral. The school will then forward the forms on to the In-School Psychology psychologist.
4. Once the psychologist has received the consent form and GP referral they will contact you and let you know when they will commence working with your child.

## What do schools have to do?

In order to receive service from In-School Psychology schools have to:

1. Provide a suitable private space within the school where the counselling can take place.
2. Complete the GP information form when applicable and provide it to the family.
3. Send the completed consent form and GP referral to the schools allocated psychologist.
4. Help collect the student from their class to ensure privacy.
5. Liaise with the psychologist and family about the progress of the counselling sessions.

### **Contact Us:**

**Phone: 1300 884 340**

**Email: [info@inschoolpsychology.com](mailto:info@inschoolpsychology.com)**

**Website: [www.inschoolpsychology.com](http://www.inschoolpsychology.com)**



Delivering free psychological services in school settings to children, adolescents and their families

## Parent Information





## Who we are

In-School Psychology provides free psychological services to children, adolescents and their families. Our unique service is offered on site at primary and secondary schools, in both the public and private sectors.

The psychologists at In-School Psychology are experts in child and adolescent psychology and are professionals dedicated to providing outstanding and comprehensive services to assist children and adolescents, their families and their schools.

Counselling is a very effective way of helping children and adolescents who are struggling with some aspect of their lives, from feeling anxious or depressed, to experiencing bullying or having difficulties controlling their anger. It can help them recover, and also help prevent reoccurrence.



## Our Services

In-School Psychology counselling service is provided **FREE** of charge, as our service is bulk billed to Medicare for eligible clients. The psychologists at In-School Psychology see children and adolescents who have a referral from their GP under Medicare's Better Access to Mental Health Care initiative, which allows the psychologist to provide 10 sessions per calendar year. As In-School Psychology bulk bills to Medicare there is no out of pocket cost for the family.

As our service is provided onsite at the child/adolescent's school, during school hours, it is convenient and easily accessible to families.

Our psychologists see children and adolescents with a range of difficulties, from simple problems such as difficulty making friends to more complex mental health issues. Children and adolescents are commonly referred to our services for issues such as:

- Friendship problems (making and keeping friends)
- Dealing with bullying
- Anxiety (including school refusal)
- Depression
- Fears and phobias
- Anger management & behavioural difficulties (at home and/or school)
- Self-harm
- Alcohol or substance abuse
- Attention deficit and hyperactivity
- Social skills
- Grief and loss
- Eating disorders
- Autism (developing social skills, anxiety etc.)



## How can a psychologist help?

The psychologists at In-School Psychology use a range of different evidenced based psychological techniques. Our psychologists will tailor counselling for each child and adolescent so that the most useful and effective treatments are implemented.

### Our psychologists use focused psychological strategies:

- Psych-education (including motivational interviewing)
- Evidenced based therapy (e.g. Cognitive Behavioural Therapy)
- Relaxation strategies (including progressive muscle relaxation and controlled breathing)
- Skill development training (including problem-solving skills and training, anger management, social skills training, communications training, stress management, and parent management)
- Interpersonal Therapy

### Counselling helps children and adolescents to:

- Learn practical ways to cope with difficult or distressing situations
- Learn to regulate their feelings and emotions
- Learn to think more rationally and optimistically
- Learn to control their behaviour
- Feel more in control of their thoughts and feelings
- Build resilience
- Build social skills
- Develop communication skills
- Learn relaxation techniques