

Ten session CBT based Anxiety Program



Overview and Important Information

1. A 10 session *Cognitive Behavioural Therapy* (CBT) program;
2. This program has been used with a wide range of people and situations;
3. Ten sessions are used to allow you to practice and integrate tools into your own life;
4. Includes your own copy of a 257-page *Anxiety Management* manual;
5. A structured program developed and refined over 20 years and used since 1995;
6. Needs a GP referral for the *Medicare* Rebates (\$86.15 per session)¹;
7. You will be using all your 10 Medicare Psychologist sessions for this program, if you've already used any sessions this year, check with your private health fund²;
8. Uses your own experience as examples³;
9. Sessions will include in-session worksheets;
10. To be effective, you need to commit to all sessions and doing regular "homework";
11. The ten one-to-one consultations are scheduled on a regular basis⁴;
12. First four sessions will be weekly, then can be moved to fortnightly;
13. Requires a total of 10 weekly automatic direct deduction payments⁵;
14. Concession rate sessions available for weekday (not evening or Saturday morning)⁶;
15. Any questions please feel free to email me at info@colinlongworth.com.au

¹ Total cost per weekday session is \$160, Gap payment = \$73.85, i.e. potentially less than you are paying per week on Alcohol, Cigarettes or Gambling to assist with your Anxiety. Evening or Saturday morning sessions have a \$20 surcharge (the Medicare rebate stays the same). Recommended fee is \$256 for 45-60min session.

² Your private Health cover may partly cover sessions, you potentially can claim from either Medicare or your Private Health Insurer for sessions, but not both. Check with your fund about "Generalist" Psychology cover.

³ Please note: We do not look in detail at the roots of your anxiety, i.e. this is not a setting to unload/vent, explore or discover the reasons for your anxiety, this can however be done in fee-for-service sessions later.

⁴ Usual cancellation/rescheduling fees apply, i.e. Cancel or reschedule with less than a business days' notice and you lose the full fee, although "make-up" session (preferably ASAP) can be booked at usual additional fee.

⁵ Processing of Medicare rebates occurs at the end of the session, not necessarily when the payment is made.

⁶ Rate for those with a concession (Pensioner or other concession) card holder is \$105 each session, i.e. an \$18.85 Gap payment. Please note the Medicare rebate of \$86.15 is about 1/3 of the fee recommended to maintain a financially viable practice, (\$256) therefore Bulk billing is not possible for this program.

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Individual Enrolment for Huntingdale Psychology

Counselling & Clinical Hypnotherapy – CBT Program



I, (name).....

Of (address).....

Acknowledge and accept that:

- This is a 10 session *Cognitive Behavioural Therapy*(CBT) program;
- This program has been used with a wide range of people and situations;
- Ten sessions are used to allow me to practice and integrate tools into my own life;
- I will receive my own copy of a 257-page *Anxiety Management* manual;
- This is a structured program developed and refined over 20 years and used since 1995;
- I have a GP referral for the *Medicare* Rebates (of \$86.15) total cost \$160 per session;
- I will be using all my 10 (annual) Medicare Psychologist sessions for this program and that if I've already used any sessions this year, I'll need to pay for the extra sessions (to make up the total of 10 sessions) separately, without Medicare rebates;
- I will be using my own experience as examples;
- Sessions will include in-session worksheets;
- As I wish it to be effective, I will commit to all sessions and to do regular "homework";
- The ten one-to-one consultations will be scheduled on a regular basis⁷;
- The first four sessions will be weekly, then may be moved to fortnightly;
- I have arranged for a total of 10 weekly automatic direct deduction payments⁸ to be paid into Colin Longworth's ANZ account BSB 016358 Account No 412277268 to start at least a business day before the 1st scheduled session;
- Concession rate sessions are only available for weekday (not evening or Saturday mornings)⁹;

Signed

Date

⁷ Usual cancellation/rescheduling fees apply, i.e. If I cancel or reschedule with less than a business days' notice I will lose the full fee, although "make-up" session (preferably ASAP) will need to be booked at the usual fee.

⁸ Processing of Medicare rebates occurs at the end of the session, not necessarily when the payment is made.

⁹ Rate for those with a concession (Pensioner or other concession) card holder is \$105 each session, i.e. an \$18.85 Gap payment. Please note the Medicare rebate of \$86.15 is about 1/3 of the fee recommended to maintain a financially viable practice, (\$256) therefore Bulk billing is not possible for this program.