



We Can Help

Have you ever wanted to access support for something that is going on in your life, but aren't sure how to make it work with your schedule?

Maybe you have tried before, and you simply couldn't continue to take the time, or manage the costs to travel into sessions physically?


Maybe you live regionally or remotely?

Are caring for another?

Have medical or physical limitations?

Work shift work with early starts or finishes?

**Telehealth may be the answer
for you**



Sophie Burren

Clinical Psychologist

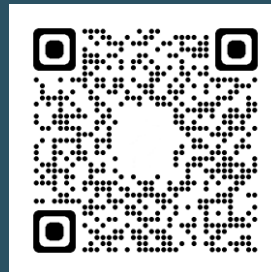
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Telehealth Only Practice - Based in the Great Southern

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SB
PSYCHOLOGY

Sophie Burren Psychology

Offering Telehealth Clinical Psychology
Services for clients based in regional and
remote Western Australia

Our Services

Sophie Burren Psychology is a telehealth only practice where all sessions are provided digitally via video conferencing, and or over the phone where video is not possible; with appointments lasting 50 minutes.

Sophie works from an integrated and collaborative therapeutic approach, drawing from a range of evidence-based interventions; inclusive of:

- ❖ Schema Therapy
- ❖ Mentalization Based Treatment (MBT)
- ❖ Cognitive Behaviour Therapy (CBT)
- ❖ Emotion Focused Therapy (EFT)
- ❖ Trauma Focused CBT (TF-CBT)
- ❖ Mindfulness
- ❖ Solution Focused Brief Therapy

For an up to date and current list of service fees and rebates, please see the practice website on the back of this brochure.

"The Act of revealing oneself fully to another, and still being accepted may be the major vehicle of therapeutic help" – Irvin D. Yalom



Referrals and Fees

To Access a Clinical Psychologist, you do not need a referral where you are paying privately or accessing a rebate from your private health insurance (where your level of cover allows), and you are most welcome to contact the practice at any time for more information.

Alternatively, you may be eligible for referral under a Mental Health Treatment Plan (MHTP). This allows for a Medicare rebate of a portion of the service fee, for up to 10 sessions per calendar year. If you would like further information about a MHTP and your potential eligibility for referral, please discuss this with your GP. More information for referrers can be found on the Website.

* Please note, this practice is not currently accepting Eating Disorder Plan (EDP) referrals, or child and adolescent referrals; and does not provide Medico-Legal, Family Court, or Forensic Assessment Reports *

Clinical Presentations

Health and Allied Health Professionals

Specifically, around the challenges faced by early career and acute care medical, nursing, veterinarian, and allied health professionals such as compassion fatigue, burnout, vicarious and or primary trauma, career related stressors and decision making, anxiety, and depression.

Health Presentations

Those who are navigating health difficulties across the lifespan; inclusive of difficulties post diagnosis or injury, end-of-life care, trauma responses, grief and loss related distress, chronic illness, anxiety, and depression.

Adjustment Difficulties

Those who may be having difficulty or distress following a life changing event such as: permanent or temporary injury, illness, diagnosis, traumatic events, grief and loss, relationship changes, job loss/career changes, moving Country/State, transition to University, transition to parenthood, retirement, and end of life.

