Mission Statement

Our first priority is you

Our goal is to provide a safe, welcoming and relaxing atmosphere where you are free to explore the thoughts, emotions, behaviour, or situations that may be interfering in your life.

We will work with you to develop helpful strategies to assist you in leading a more fulfilling and enriched life.

Our goal

Working with you towards achieving a happier, healthier you!

Referrals and making an appointment

Referrals can be made by health professionals, teachers, local agencies and private or government-sponsored agencies.

Alternatively, individuals (or guardians) can contact us directly to make a referral. Referrals and appointments can be made by telephone, post, or email.

Visit us

Ground Floor, Gribble Building (Building B)
SMB Campus, Lydiard Street South, Ballarat

Clinic Hours

Wednesday, Thursday and Friday
9:00am to 5:00pm
Call for an appointment: 03 5327 8483

Contact us

FedUni Community Psychology Services
Call: 03 5327 8483
Email: psychology.services@federation.edu.au
Web: federation.edu.au/psychologyservices
Post: FedUni Community Psychology Services
PO Box 663, Ballarat VIC 3353

Providing therapy, assessment, and consultation services to the wider Ballarat community

federation.edu.au/psychologyservices
About us...

Who can access our services?
We provide psychological services for children (aged 5 and older), adolescents, and adults.

Our Clinicians
In most instances, psychological services will be provided by provisionally registered psychologists who are currently undertaking advanced training in the Master of Psychology (Clinical) program at Federation University Australia.

All services provided are closely supervised by, and in consultation with, a team of highly experienced registered psychologists, including health, clinical, and neuropsychologists where appropriate.

Our friendly and professional clinicians receive extensive training in clinical interviewing, assessment, and treatment using a variety of evidence-based psychological therapies (e.g. cognitive-behaviour, psycho-dynamic, solution-focussed).

Clinical staff specialise in areas such as behavioural problems, personality assessment, learning difficulties, anxiety disorders, mood disorders (such as depression), elevated stress, grief and loss, self-esteem concerns, sleep difficulties, bullying, life adjustment, and interpersonal challenges.

See www.federation.edu.au/psychologyservices for more information.

Services available

Psychological Treatment
Our clinicians are trained in a variety of evidence-based psychological therapies and work with a wide range of client issues.

Some of our clients seek short-term treatment in order to manage a difficult decision, stressful life situation, or mild distress. Others benefit from a longer course of treatment in order to cope with ongoing psychological or interpersonal problems.

Formal Psychological Testing and Assessment
We offer cognitive assessments for adults and children. This may include an intellectual and/or academic ability assessment.

Such assessments aim to explore difficulties in the following areas – learning, memory, academic ability, concentration, or attentional issues. These assessments include a clinical interview, testing, feedback to the client or family (and the school in some cases), and a comprehensive written report summarising and explaining the assessment results.

Group Programs and Workshops
We periodically deliver a range of group programs for the community on topics such as parenting and managing psychological well-being. A list of upcoming programs or workshops is available on our website at www.federation.edu.au/psychologyservices

Consultation and Community Outreach
We welcome opportunities to work in collaboration with other agencies, and providing consultation or resources to the wider Ballarat community. We also provide educational outreach to the community, including presentations at local schools, community groups, and agencies.

Service cost

Psychological treatment for adults and children
Cost per 50 minute session:

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
<th>Concession</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial consultation</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Individual therapy session</td>
<td>$10.00</td>
<td>$5.00</td>
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Formal Testing and Assessment

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
<th>Concession</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1</td>
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</tr>
<tr>
<td>Tier 2</td>
<td>$275.00*</td>
<td>$225.00*</td>
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*Fees for agencies may vary. Please contact us for more information. Fees are correct at time of printing (February 2018).

What to expect of psychological treatment

During your initial visit, one of our clinicians will welcome you, outline the services we offer, get to know you, and listen carefully to your concerns.

The initial sessions usually focus on your personal history and current circumstances. You will also be asked to complete several brief questionnaires, which will help us understand you and your unique treatment requirements.

Following this initial phase, your clinician will recommend an individualised treatment plan suited to your particular needs.