



INDIVIDUAL THERAPY

Life can bring many complexities for adolescents and their parents. Having children brings joy and delight, but with that there are times of challenge and worry. Therapy can help young people and parents discuss and manage their concerns.

We can work together for many reasons such as: helping to overcome emotional, behavioural, and psychological difficulties, including anxiety, depression, behavioural outbursts; improving and enhancing the lives of young people; as well as focusing on social skill development, sleep, assertiveness, resilience, managing bullying and promoting emotional regulation and management.

Fee and Rebates

Fee is \$290 - per 50 minute session

- Payment is made on the day of the consultation.
- Medicare rebates may be available if referred by a general practitioner, pediatrician or psychiatrist.
- Private health funds may provide rebates for psychological services depending upon your level of cover.
- Michelle is not a registered NDIS provider, Self-managed clients may be eligible for a rebate.