

## Contact Us

People who have committed crimes or spent time in prison often face a lot of pressure and have to deal with many difficult situations.

Individual counselling may help if you are experiencing problems such as:

**Traumatic experiences**

**Relationship difficulties**

**Substance use**

**Anxiety**

**Low mood**

**Feelings of sadness, shame or guilt**

**Problems with anger**

**Aggressive or violent behaviour**

**Low self-esteem**

For more information or to make an appointment:

**Call or text:** 0431 167 160

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

**Web:** [www.insideoutsidepsychology.com.au](http://www.insideoutsidepsychology.com.au)

### Dr Terri Roberton

Clinical & Forensic Psychologist

I have worked for over twelve years in prisons across Western Australia and Victoria. I enjoy working with a wide range of people from all cultures. I aim to bring warmth and understanding to my sessions, along with a dose of humour.



## Counselling for Offenders

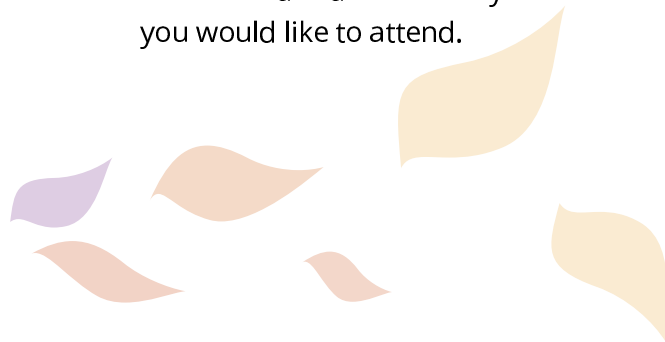
## Counselling Sessions

Counselling sessions are a safe, non-judgmental place to talk about mental health concerns, difficult experiences from the past, or other problems that you might be experiencing.

What we talk about during counselling sessions is something we decide together – there is no pressure to talk about difficult topics until you feel ready.

As well as talking, we will also practise some skills and strategies you can use outside of sessions. This will mean you are making the most of time spent in session.

Counselling sessions usually run for fifty minutes. Once we meet we can decide how many sessions you would like to attend.



## Confidentiality

It is understandable that people want their personal details to stay private. It is hard to trust someone if you think they will tell others about your problems.

At InsideOutside Psychology we take confidentiality very seriously and will not share your personal information with others without your consent.

However, as with all psychology services there are some situations in which we must disclose confidential information, including if we are legally obliged to do so (e.g. by a court). We will discuss confidentiality in the first session.

## Cost

We are a private psychology practice, which means there are some costs for our services.

However, we are able to bulk bill people who have a Mental Health Care Plan from a GP or psychiatrist. In this case, there will be no out-of-pocket cost for ten sessions per calendar year.

Many offenders will be eligible for a Mental Health Care Plan. If you are unsure how to obtain a Mental Health Care Plan, please contact us for assistance.

## Getting There

We are located at

**152 Morrison Rd, Midland**

There is free parking available.

*Public Transport*

We are a 5 minute bus ride from Midland Train Station.

Buses **323, 324, 325** and **327** depart from Bus Stand 4 and will take you to our rooms (Get off the bus after it crosses Lloyd St).

A free shuttle bus runs from Midland Train Station to Midland Gate - from there it is a 10 minute walk to our rooms.

