

Individual therapy with a clinical psychologist is a chance to talk about difficult experiences with a trained professional, who will listen carefully and provide guidance and support.

We provide psychological treatments that have been shown to be effective in reducing the symptoms of a range of mental health disorders, including:

Depression and adjustment disorder

Anxiety disorders

Bipolar disorder

Posttraumatic stress disorder

Psychotic disorders

Substance use disorders

Impulse control and conduct disorders

Personality disorders

People without a mental health disorder often also find it useful to talk with a clinical psychologist to help them cope with problems such as:

Stressful life events

Difficult emotions (including anger)

Bereavement and grief

Contact Us

For more information or to make an appointment:

Call or text: 0431 167 160

Email: info@insideoutsidepsychology.com.au

Web: www.insideoutsidepsychology.com.au

Dr Terri Roberton

Clinical & Forensic Psychologist

As a clinical psychologist, I have expertise in working with mental health disorders and other psychological problems. I am qualified to deliver a range of therapies with demonstrated effectiveness in treating mental health disorders.

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.



Individual Therapy

Sessions

A normal session runs for 50 minutes. What we talk about during this time is something we can decide together – there is no pressure to talk about difficult topics until you are ready.

As well as talking, we will practise a wide variety of skills and strategies you can use outside of sessions. This will ensure that you are able to make the most of time spent in session.

Treatment Approaches

Our treatment approach is one of empathy, understanding and authenticity. We use evidence-based assessment and treatment protocols, drawing on a range of frameworks, including:

- Cognitive Behavioural Therapy
- Acceptance and Commitment Therapy
- Mentalisation Based Therapy
- Interpersonal Psychotherapy

Fees and Rebates

Medicare

Under the Better Access to Mental Health Care scheme, medicare rebates are available for up to ten individual psychology sessions per calendar year. In order to access this scheme, you will need a valid Mental Health Care Plan from a GP or psychiatrist.

Health care and concession card holders with a Mental Health Care Plan are able to be bulk billed, meaning that there is no out-of-pocket cost.

If you do not have a health care or concession card, there is an out-of-pocket cost of \$25.50 after the medicare rebate.

Private

If you do not have a Mental Health Care Plan you will need to cover the cost of sessions yourself. However, many private health insurance funds now offer rebates for clinical psychology sessions.

In this case, a standard 50 minute session costs \$150. Health care and concession card holders may be eligible for a reduced fee.

Location

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.

