

## Information about Psychological Services, Psychotherapy & Professional supervision

### My background

I am a registered psychologist with specialist skills in systemic therapy for individuals, couples and families. I have over twelve years experience in the field following my university training, and for the last ten years have been working with individuals, couples and families as a therapist and psychologist in a variety of settings. My work history has provided me with experience working with specialist client groups including adolescents, men and family relationships, those with addictions to alcohol and other drugs and young offenders. My professional training is in Psychology, focussing on child and adolescent developmental psychopathology. As part of my professional development I have undertaken specialist training in a range of areas, focussing on those listed above, and including specialist training in couples and family therapy, clinical supervision and psychoanalytic psychotherapy.

I adhere to the code of professional conduct of the Australian Psychological Society.

### Intervention, Treatment & Supervision

Sessions are for one hour unless otherwise negotiated. It is important that you arrive on time for your appointment, as it is not possible to continue the session outside the times that were appointed.

All sessions are confidential. I will inform you about my professional and legal obligations to client safety during treatment, and how these may impact upon confidentiality. I will seek your written permission if another professional requests information or a written report about you. I will inform you of what I am prepared to say about the treatment. Where possible I will show you any written material prior to sending it out. Your file and notes remain the property of Lisa Barahona, and it is my policy to keep files for seven years after the completion of treatment, after which time they will be destroyed.

### Appointments

Attending your appointment is your responsibility. If you need to cancel your scheduled appointment, you need to do so as soon as possible, so I may allocate the time otherwise. According to the guidelines of the Australian Psychological Society, you will be charged the regular fee for cancellations with less than 24 hours notice, and half the fee for cancellations with 24 -48 hours notice.

### Fees

As a registered psychologist, the current recommended fee for a 60 minute consultation is \$181 per hour. I currently charge \$150 per hour for initial consultations and \$120 per hour for subsequent sessions. Fees are reviewed annually. Payment is made at the end of each session with cash or cheque, unless otherwise negotiated. I will provide you with a receipt for your fees at the end of each session. Members of some health funds are eligible for rebates for treatment by registered psychologists.

### Concerns

If you have any concerns or questions about your treatment I encourage you to discuss these with me during the session as I am not always available outside these times. I am not able to respond to crisis. I will attempt to return all calls within 24 hours.

Thank you.

**Lisa Barahona MAPS**

Reg. (PS0049847)



APS Psychologist