



Client Information Sheet

About Dr Natalie Rimlinger

I am a psychologist providing services to the Canberra community. I am fully registered with the Psychology Board of Australia (Registration Number: PSY0001524462). I have undertaken my training in Psychology at the Australian National University. I have recently graduated from my PhD in Clinical Psychology and am undertaking my Clinical Registrar program to gain my specialist endorsement as a Clinical Psychologist.

I am registered with Medicare as a provider of Psychology Services and with the Department of Veteran's Affairs (DVA) to provide psychology services to eligible veterans.

What I do...

I primarily use Acceptance and Commitment Therapy (ACT) when working with clients therapeutically. ACT is a form of cognitive and behavioural therapy that focuses on thoughts, feelings, and actions and helps people to live a life they value.

I am also trained in Cognitive Behavioural Therapy (CBT) along with Circle of Security (CoS) interventions and Motivational Interviewing (MIT). I also have working knowledge of a range of other therapeutic styles.

I work with children and adults who may be having difficulties with a range of problems including anxiety, depression, bipolar disorder, post-traumatic stress disorder, general stress management, work issues, child behaviour problems, and parenting difficulties just to name a few. I specialise in working with gifted individuals and their families and I also conduct a small range of cognitive assessments for children. If your concern is not listed here please don't hesitate to ask me if I might be able to help.

What I don't do...

I do not undertake work with clients who are currently engaged in, or are likely to enter into, court cases including workers compensation cases, as I do not have the required expertise in forensic psychology that this sort of work may require. I also do not accept work that involves third party payment. Likewise, I do not believe I have the necessary expertise in couples or family therapy and therefore do not accept referrals for couples or families. I am happy to refer clients on to other more suitable practices should this be necessary.

Gifted Children and Adults

I love working with gifted children, adults, and their families - so much so that it was the topic of my PhD thesis. I 'get it' and aim to provide a safe space for these individuals and their families to tell it how it is without judgement.

I am able to offer individual therapy and mentoring for gifted children, adolescents, and adults and I truly understand that gifted is something that is 24 x 7 and that colours your world - it's certainly not something that stops when you're no longer at school. It's also definitely not a hat that you put on during school or work hours. I can give support to the parents of gifted children as I understand that parenting these kids can be a roller coaster and help with advocacy for children with their schools! I am available to talk to parent groups or schools about the experience of raising gifted children or of being a gifted individual.

Psychological assessments of children

I am able to conduct IQ assessments to help parents (and teachers) to better understand and meet the needs of their children. I have extensive experience in the testing of gifted children and regularly conduct assessments for the purpose of early entry into preschool or kindergarten. Please contact the practice for further information on these services. Please contact our office for further information on psychological assessments.

Weight, health, & wellbeing

As someone who has struggled with their weight and body image for most of their adult life and is still working towards my own health and wellbeing, I enjoy working with others who are trying to work towards similar values. I truly understand the challenges that come with having a significant amount of weight to lose and enjoy helping clients along their own journey.

Defence Personnel

As the daughter of a career soldier who served in Vietnam, I understand some of the challenges faced by Defence Force personnel and their families. I've been hanging around veterans for the past 20 years and I love their no-nonsense approach to most things in life. I enjoy working with the veterans (or those currently serving in our ADF), their partners, and their children and will happily accept Department of Veteran's Affairs referrals (White or Gold cards).

Other Services

I enjoy working with children that are quirky and a bit outside the norm and have experience in assessing both difficulties and strengths in children and adolescents.

I offer a range of services to parents who may be struggling to understand what is going on with their child. At all times, I take an approach that respects the child as an individual with

their own strengths and struggles, and work with the family to achieve the best outcome possible. This includes working with school personnel should the situation require it.

Appointments

Appointments are generally available Monday to Thursday between 9am and 5.30pm.

Initial sessions are usually 90 minutes in length. Please allow up to 60 minutes for appointments including admin time for regular ongoing sessions.

Location and Contact Details

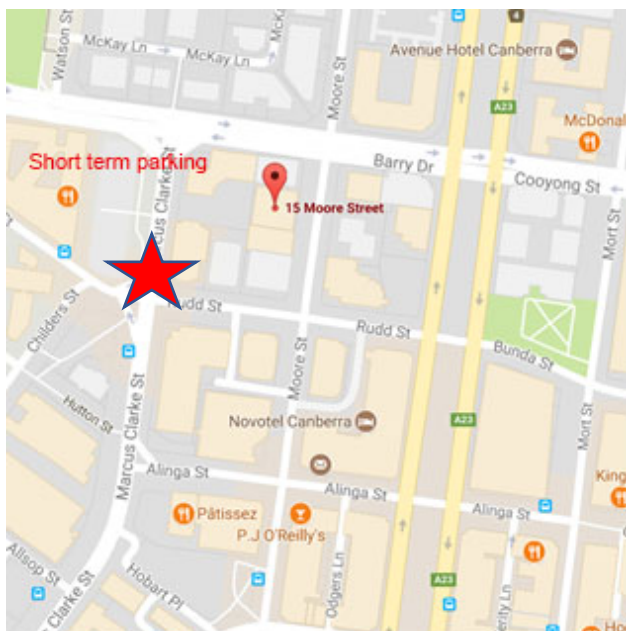
To contact the practice please call or email us:

Office: 02 6181 0560

Email : info@footstepspsychology.com.au

The office is conveniently located in Civic on Moore Street. There is short stay pay parking within a short walk and the City and City West bus interchanges are close by. The most convenient car parking is off Marcus Clarke Street in the short-term above ground parking marked with a star on the map below. Please allow enough time to find parking and walk to the office.

Footsteps Psychology
Regus Business Centre
Level 4 ANZ House
15 Moore Street
Canberra City ACT 2601



Fees

My fees are substantially lower than those recommended by the Australian Psychological Society which are currently set at \$246 for a standard 55 minute appointment. Please contact our office to enquire regarding our fees.

My fees cover your appointment with me as well as brief phone consultations and contact with other professionals as appropriate. Treatment services do not attract GST. Fees for psychological reports are charged as per the details in the Psychological Reports section and will attract GST.

Referrals

You do not need a referral from a medical practitioner to see me. Having a referral from a medical practitioner will allow you to access a Medicare rebate as described below however it is not necessary.

Rebates

A Medicare rebate is available on eligible sessions for clients with a Mental Health Care Plan (MHCP). **This rebate is currently \$84.80 as I am a registered psychologist.**

Under the current Medicare rebate scheme, clients are eligible to receive a rebate for up to 10 sessions under a MHCP per calendar year. The number of sessions you are eligible for is determined by your referring practitioner. Usually you are referred for an initial 6 sessions with a further 4 available after a review by your referring medical practitioner.

Clients wishing to use the Medicare rebate need to have a MHCP and be referred by a medical practitioner. Alternatively, if you have private health insurance you may be able to access a rebate through your fund. You are not able to claim both a Medicare rebate and a private health fund rebate for the same session and some private health funds will only make a payment after Medicare sessions have been used.

Please check with your private health fund to confirm any rebates available to you.

Payments

Payment is required at the end of your consultation and may be made using cash or EFTPOS including Visa and MasterCard. I do not accept cheques, Diners Card or American Express. I do not accept payments through third parties and ask that clients be responsible for their own payments.

Telephone Consultations

In certain circumstances, such as if you live in a remote area, or are temporarily interstate, it may be possible to conduct a treatment session using Skype or by phone. In these cases, normal session fees apply but these sessions will not be covered by DVA.

Payment Agreement

You will be asked to complete a Payment Agreement so that we can securely keep a copy of your credit card on file. If you have any questions after reading it, please do not hesitate to ring or email us.

Confirmation of your Appointment and Cancellation Policy

You will receive a text message the morning before your scheduled appointment as a courtesy. This message asks that you confirm your attendance by responding to the text. We ask that you do us the courtesy of responding so that we can plan our day.

Late cancellations and no-shows impact us significantly. We understand that sometimes you may need to change your schedule and we kindly ask for more than 24 hours' notice as a courtesy to our clinicians and wait-listed clients.

If you change or cancel after the reminder text is sent out, you will be charged 100% of your appointment fee. The full fee for your session is also payable if you change or cancel on the day of the appointment or you fail to attend.

These fees will be deducted from your nominated credit card that is held on file. Your account must be up to date before further appointments will be made.

Please note that for consultations on Mondays we would require notice prior to 12 noon on the previous Friday except in the case of a genuine emergency.

Our office is available during normal business hours on 02 6181 0560 and our practice admin team are more than willing to help you organise your appointments. Voicemail can also be left after hours.

Out of Hours Contact

The office phone will divert to voicemail outside of normal business hours (9am to 5pm) or if we are unavailable when you call. In the case of an emergency outside of our standard office hours please contact the Mental Health Crisis Team or your GP, in the case of an emergency outside business hours.

Useful Contact Numbers

Mental Health Crisis Team (ACT): 1800 629 354
Lifeline: 13 11 14

Confidentiality

Information is collected about you as part of the assessment and treatment process, and it is important that you are able to trust that your privacy is protected. As such, all disclosures and information is considered confidential between you and your therapist. Session notes are secured in accordance with APS Ethical guidelines.

Exceptions to confidentiality:

- **Risk of harm.** Where you disclose information, which gives concern for your physical safety, or that of others. In these circumstances, psychologists are legally obliged to take action which may include contacting your referring GP or psychiatrist, the Mental Health Crisis Team in your area, or, in extreme emergencies, the ACT or NSW police.
- **Third party assessment.** Where you have been referred for assessment by a third party, such as a solicitor, the court, an insurer or your employer, you will be asked to provide signed consent for disclosure of the assessment report to the referring agency.
- **Child protection.** Where there is reason to suspect the possible abuse of a child. In this case psychologists are legally required to notify the appropriate authorities.
- **Subpoena.** In the event that my clinical notes are subpoenaed by a court.
- **Specialist health care.** When there is a need to liaise with another health professional, such as a psychiatrist or clinical neuropsychologist with respect to providing you with additional, or specialist care. This would occur in consultation with you, and in these cases, you will be asked to provide signed consent for this disclosure.

If you have any questions, please feel free to contact us.

Footsteps Psychology

02 6181 0560