

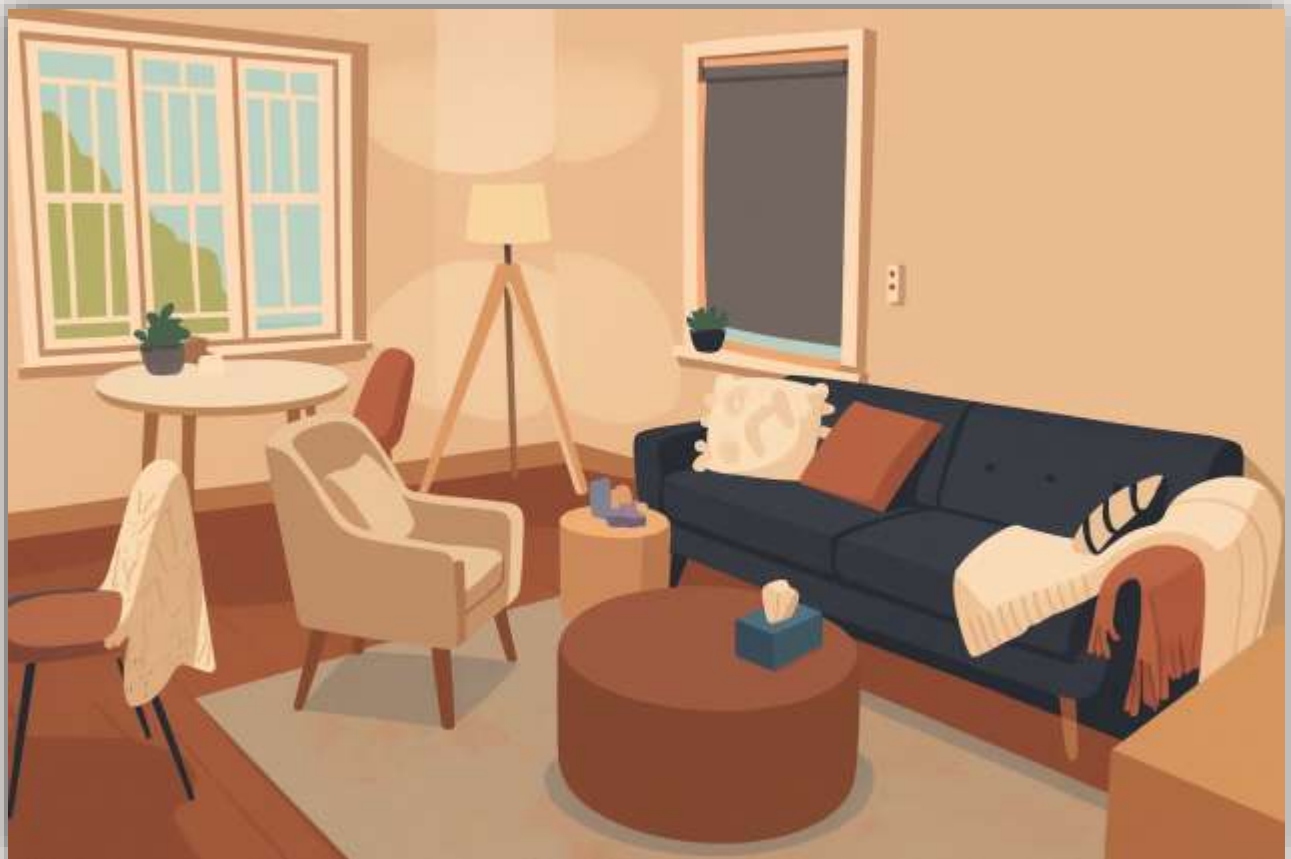
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Welcome Pack





1. What's in this Welcome Pack? 🌸

🌸 This welcome pack is designed to support you to feel prepared and informed ahead of your first session with the Psychologist. It's completely normal to have mixed emotions when first reaching out and given this we want to make sure you have any questions answered and feel clear in what is going to happen next. 🌸

2. How to Find Us & Onsite Parking:

Onsite parking for our Kangaroo Point office is accessed via Bourke Lane. There are ample onsite parking spots and no parking fees. Once onsite, you can find the entrance to our office via the door labelled 'Unit 2 765 Main Street'. We are upstairs on the second level (above the dentist).





3. Once you Arrive:

Once inside the building, you are welcome to wait in our wait room (see photo beside).

At the time of your appointment, the Psychologist will come out and show you to the office.

Bathrooms are located on Level 2 just beyond the wait room.



4. How to Prepare for your First Session:

Firstly, you won't be expected to 'have it all figured out' or be able to explain everything all at once in your first session. Also, a Psychologist is trained in ways to support people to share their experiences and open up, so they will guide you in being able to get the most from therapy.

In case feeling unsure about your first visit, we have below some ideas to help you feel prepared ahead of your first session:

- ☐ Have a look at our website, google maps, and FAQs as there is lots of info to answer any questions you might have.
- ☐ Feel welcome to bring to the appointment a notebook, fidgets, &. Or comfort items and know it's okay to dress comfy.
- ☐ If possible, try to not overbook yourself after therapy. Where possible, try to set aside time to reset and decompress before going back to work etc.

❁❁ 5. In the First Sessions:

In your first session the Psychologist will request for you to sign a **consent form**. A copy will most likely have been emailed to you along with this welcome pack. This is done so you can have time to look over the form before signing. The consent form is completed with you to make sure that you have had the chance to ask questions and understand what support from a psychologist.



In your first few sessions the Psychologist will also use a range of strategies to support you to express your **goals** and hopes for psychology. This often includes the chance to use goal cards (see picture).

You are also welcome to bring along a list or summary of the things you would like to talk to the psychologist about. This is perfectly okay!



As a service, we use **neurodiversity and trauma-informed practices**. This means that your therapy will involve lots of choice, expressive activities and art, access to sensory tools, and learning ways to orientate & calm your mind and body. We will also make sure to help you to notice what is going well at the moment, and build on those strengths!

6. Costs:



A 50-minute session is charged at \$209.98, and a 60-minute session is \$252.99. If you are referred to the psychologist by your doctor, your session may be rebated from Medicare. As of July 2026, the rebate from a session with a Clinical Psychologist is \$149.05 per session. Please see the [fees section of our website](#) for more detailed information.

7. Your Privacy & Sharing with Others:

What you talk about in therapy will remain **confidential** except when you have given prior approval for sharing, or a limit to confidentiality arises (e.g., immediate and serious risk of harm is going to happen or is happening to you or someone you mention and they need help from police/ ambulance etc).

Otherwise, we won't tell others what you share without your permission. If your family is given as your emergency contact person, we may need to contact them if your session cuts out unexpectedly and we are worried you are in serious and imminent danger to ensure your welfare.

Wrap Around Care: If you want us to talk to other professionals or specialists supporting you, we'll ask for your permission first, and check what is okay to share and what not to raise with them.



8. Crisis and Emergency Supports:

As a small private psychology practice, we are unable to extend emergency services outside of hours and want to make sure you have easy access to local emergency mental health supports available. If you're in crisis, please see the below emergency support card which outlines a range of urgent support services and crisis lines available in our community. We will also give you a printout of this card in your first session/s.



You can also contact us and let us know what is happening and can we will get back to you as soon as we can to see if your next appointment can be moved earlier or referrals can be completed for you to crisis services.



Please feel welcome to bring up any questions, support needs, or concerns when we meet, or by contacting us via phone, email, or our website:



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