

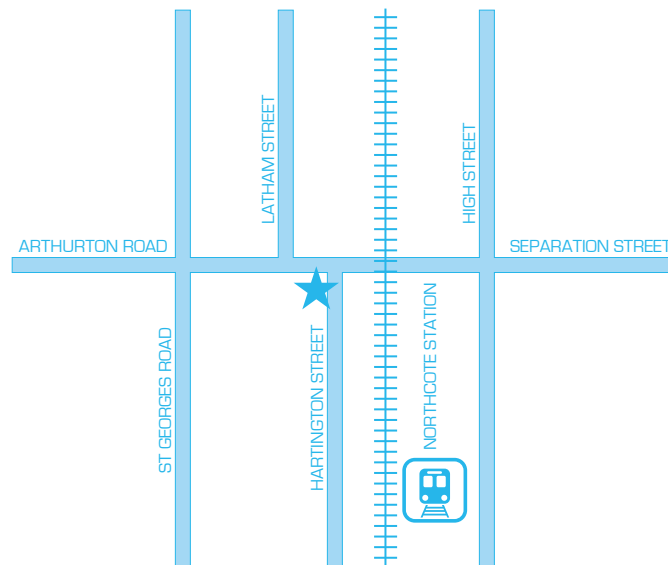
### Our Approach to Therapy

We are warm, caring professional Clinical Psychologists who together have 30 years of experience and who are committed to providing high quality evidence-based treatment to our clients.

Types of treatment may include Cognitive Behavioural Therapy, Interpersonal Psychotherapy, Motivational Interviewing and Mindfulness.

### What We Want For Our Clients

- For you to feel heard and respected
- To have a positive experience of working collaboratively with a psychologist
- To connect or reconnect with feelings of hope
- To move beyond counselling with an understanding of your own strengths and the skills to make changes that will help you meet future challenges.



Contact reception

### The Hartington Centre

24 Hartington Street, Northcote 3070

Phone: **9482 1888**

Fax: **9489 4559**

Email: **thallco@hotmail.com**

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**Catherine Dwyer  
Clinical Psychologist  
M.Psych (Clin.) MAPS**

Catherine is a Clinical Psychologist with fifteen years of experience providing a range of psychological services to challenging clients within the public mental health sector including forensic, addiction and dual diagnosis services. She has been employed as a Senior Psychologist in this capacity for the last seven years.

Catherine is a trained and experienced Cognitive Behavioural Therapist and is skilled in treating individuals and groups with a range of mood disorders including anxiety, depression and panic disorder, as well as in helping clients to overcome life issues such as grief and loss, stress management and anger management.

Catherine trains other mental health clinicians and university students in treatment modalities including Motivational Interviewing and Brief Interventions. She has an interest in brain-based research into neuroplasticity and its application to cognitive therapy and change.

**Melanie Sutherland  
Clinical Psychologist  
M.Psych (Clin.) MAPS**

Melanie is a Clinical Psychologist, and with 15 years experience working in the public health sector, seven as a Senior Psychologist, she is a highly skilled clinician in the areas of mental health, addiction and dual diagnosis.

She has more recently specialised in working with adolescents but has significant experience treating adults, both individually and in a variety of group programmes. She has also facilitated numerous training events and mentored clinicians in addressing dual diagnosis issues with their clients.

Melanie primarily utilises a cognitive behavioural framework, motivational interviewing, and interpersonal psychotherapy, and has a special interest in working with adolescents who are experiencing developmental difficulties, antenatal and post-natal depression/stress, and parenting issues. Additionally Melanie is skilful working in the areas of grief & loss, life transition and adjustment issues, relationship and interpersonal challenges, and personal development.

**Our Fee Structure**

Medicare rebates are available for clients referred for treatment by their GP.

There are two tiers of rebates for psychologists under Medicare, one for clinical psychologists and one for general psychologists.

Clinical Psychologists have received intensive training to work with clients with mental health issues ranging from the mild to the severe.

General psychologists are usually trained to work with less severe mental health issues in non-psychiatric settings.

Psychologist Fees:		Rebate
Clinical	\$160 p/hr	\$117.65
General	\$120 p/hr	\$80.20

Fees are paid in full at the end of each session and a receipt is provided which will allow you to obtain your refund at any Medicare office.

**The practice does not bulk bill.**