



For support and understanding contact **Live Life Well Counselling**
0493 262748

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www.livelifewellcounselling.com.au

Frequently asked questions (FAQ)

How many counselling sessions will I need?

Some people only need a couple of brief intervention sessions and others require multiple sessions. This will all be discussed with your counsellor and they will guide you and suggest a timeframe. Ongoing long term counselling is beneficial for overall wellbeing and good mental health and maintenance sessions may be helpful.

I have a mental health care plan, can I see a counsellor?

Counselling is not rebated currently under Medicare you will often find the gap that you must pay for other psychological services/referrals will end up costing a similar amount per session out of pocket. Waiting lists for counsellors are often less than the very long wait currently for Psychologist.

I encourage you to please discuss your needs with your GP. Remember it is your choice, if you do not need a psychological assessment, or formal diagnosis/diagnostic services or treatment under a medical model, consider counselling. I can accept a MHCP if your GP is clear that you are attending counselling and therapies fit it to your plan. After 6 sessions an update letter can be forwarded to your GP if required.

Do I need a GP referral for counselling?

No, you don't. I accept self-referrals, but also welcome and accept GP referrals.

I have private health insurance; can I claim the cost of counselling?

Yes, some health insurance providers cover the cost of counselling. Simply pay your account and provide an invoice with the counsellors service provider number to claim from your health insurer.

Check with your Health insurance provider. Coming soon – I will soon be a registered provider for BUPA, Australian Regional Health Group (ARHG) includes Police Health Fund, Phoenix Health, CUA Health (Telehealth only), St Luke's Health, Emergency Services Health, Westfund, Teachers Union Health and GMHBA How can I book a counselling session? You can call me directly 0493 262748 or book online via the website in appointments section.

Why should I see a registered counsellor?

Counsellors accredited with The Australian Counselling association (ACA) Australia's largest single registration body for Counsellors and Psychotherapists are bound by maintaining a consistently high professional standard and code of ethics with their counselling services. ACA counsellors must maintain a standard of professional development and clinical supervision annually. ACA serves a crucial role in advocating and advancing the profession of counselling and psychotherapy. ACA monitor, maintain, set and improve professional standards in counsellor education and practice; ACA provide an industry-based association for persons engaged in counsellor education and practice; ACA are a self-regulatory body to provide for registration of counsellors in Australia; ACA provide a consistent Code of Conduct and set of Practitioner Standards; ACA promote the professional development and growth of practising counsellors; ACA maintain a register of qualified practicing counsellors; ACA identify to consumers, counsellors that meet nationally-approved standards of practice