

Welcome to another issue of *Integral Edition*, **Integral Psychology Services'** newsletter. With this regular publication we aim to keep you updated on our services, and latest news in mental health. We welcome your suggestions.

CHANGES TO PRACTICE LOCATIONS

Until recently, we were providing services in two locations, Sorrento and Woodvale. From July, our practice location is Woodvale only. In our experience clients do not mind driving to see someone they are comfortable with, so this should not significantly impact on our clients. Most of our clients in fact prefer our Woodvale premises as they are not shared with other allied health professionals and have a warm, bright feel.

Recent activities

- Managing Chronic Pain Seminar, The Men's Shed, Joondalup.
- Surviving Year 12 seminar (for students), Peter Carnsley Anglican Community School.
- Adjusting to Retirement seminar, Whitfords Library.

Surviving Year 12 information session (for parents) at Clarkson Library is scheduled for 24 October. Call the library for information

MEDICARE INFORMATION

Rebates under Better Access. The rebate for psychology sessions under Medicare is generally reviewed and increased in November each year. However this year it is likely to remain at \$124.50 until at least the end of the financial year.

IMPORTANT!

Referrals under Enhanced Primary Care (EPC) program. Occasionally we receive referrals under an Enhanced Primary Care (EPC) item number. This is different from the item number for referrals under Better Access, and attracts a much lower rebate. Please see information below from the Department of Health and Ageing website.

"Enhanced Primary Care (EPC) care planning items were removed from the Medicare Benefits Schedule in 2005 and replaced by the Chronic Disease Management (CDM) items (721 -732). The term 'EPC plan' is now obsolete. The Chronic Disease Management (CDM) Medicare items on the Medicare Benefits Schedule (MBS) enable GPs to plan and coordinate the health care of patients with chronic or terminal medical conditions, including patients with these conditions who require multidisciplinary, team-based care from a GP and at least two other health or care providers. The items are designed for patients who require a structured approach to their care.

A 'chronic medical condition' is one that has been or is likely to be present for at least six months, including but not limited to asthma, cancer, cardiovascular disease, diabetes mellitus, musculoskeletal conditions and stroke. Information on CDM can be found on the [MBS Primary Care Items page](#)."

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## **FACEBOOK PAGE**

We now have a Facebook page on which we link interesting resources, videos and other relevant information including details of upcoming workshops. Please visit us on <https://www.facebook.com/IntegralPsychologyServices>

## **COMING SOON!**

### **Integral Weight Management program.**

We are currently working on a comprehensive, evidence-based program addressing psychological, cognitive and lifestyle factors.

We frequently deal with clients who present with other issues but that have underlying issues relating to body image, self esteem, comfort eating, bingeing, and weight management.

Many clients have attempted diets to find that they are not achieving the results they had hoped. Others succeed for a while then regain weight. Some resort to surgery.

Most of the programs currently available look at food or calorie restrictions. Some address a specific psychological aspect. We are yet to find a program that is truly comprehensive.

We aim to cover a range of factors playing a role in weight management. These include why diets don't work, goal setting and realistic expectations, changing habits, cognitive factors, emotional eating, dealing with binge eating, stress management and applying mindfulness. We will also include practical tips to reduce portion sizes. Our approach is lifestyle based for lasting results rather than crash or fad diets which are not sustainable over the long term.

For more information about the program please contact us.

## **SCHEDULED ROOMS CLOSURES**

Our rooms will close from September 30 to October 8.



***Flavia Bises***

***Clinical Psychologist***

Mob: 0417 627 595 Fax:(08) 93091429  
P.O. Box 28 Woodvale WA 6026  
[integralpsychology@westnet.com.au](mailto:integralpsychology@westnet.com.au)  
[www.integralpsychology.com.au](http://www.integralpsychology.com.au)