

LIFE GIVING PSYCHOLOGY & COACHING: GROUP PSYCHOLOGY PROGRAMS

INFORMATION FOR GP'S

We are now accepting referrals for our new range of Psychoeducation and Psychotherapy Groups at *Life Giving Psychology & Coaching*. We expect these groups to be very popular due to unmet need:

- Disaster Recovery – After the floods
- Managing Anxiety
- Managing Depression
- Managing Mixed Mood (Anxiety & Depression)
- Steps towards recovery
- Adjusting to Grief and Loss
- Managing Stress
- Managing Weight
- Managing Anger

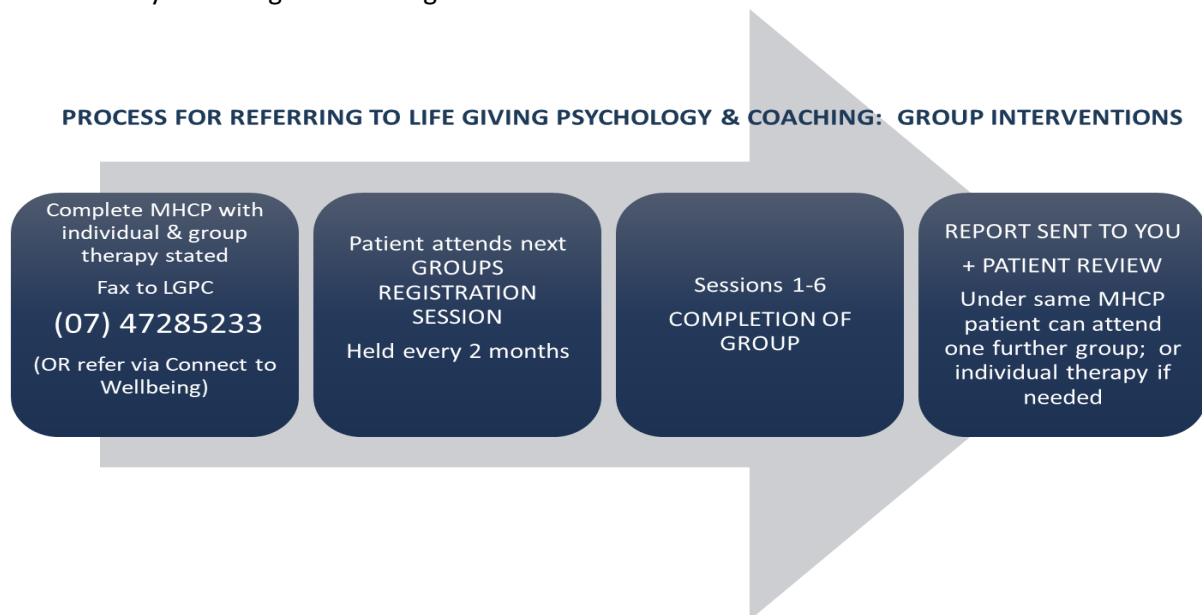
Our group programs are evidenced-based and are organised and delivered by our experienced team of Psychologists. All groups will be evaluated to ensure participants are benefiting from attending.

HOW TO REFER

You can make a referral for individual and group interventions by completing a Mental Health Care Plan (MHCP) and **faxing it to us on (07) 47285233**. *Please ensure you state **individual AND group therapy** to be considered.* One MHCP with both individual and group therapy indicated will allow patients to access their usual individual sessions and up to 10 group sessions per year. This gives patients maximum choice, and increases accessibility to high quality, evidence-based interventions.

From now on, writing group therapy in addition to individual therapy on the MHCP allows patients to benefit by accessing a wider range of services.

PROCESS FOR REFERRING TO LIFE GIVING PSYCHOLOGY & COACHING: GROUP INTERVENTIONS



WHAT TO TELL YOUR PATIENTS

All people referred to LGPC under a Mental Health Care Plan for individual or group psychology will be invited to attend a GROUPS REGISTRATION SESSION. These information sessions will be held every two months in our training room at The Stanton Centre and will provide an overview of how the groups operate, and the range of groups on offer. People will then register for the group that best suits their needs.

Each group session will cost \$75, with Medicare and Private Health rebates available. This makes the groups more accessible than individual therapy and may be the preferred option for many people.

OUR PROCESSES

We will ensure all potential participants are screened for suitability for group interventions and have the most appropriate interventions according to their level of risk. We will let you know if your patient commences in the groups and will send you a summary report at the end which will include pre- and post-group clinical outcome scores. Patients will then request to attend a mental health review with yourself.

The dates of our Groups Registration Sessions will be regularly emailed to your practice manager and will be made available on our website. Please make sure your practice manager distributes these dates across the clinic.

OTHER UPDATES

You may recall that last year we relocated and rebranded to the Stanton Centre in North Ward. We are now known as *Life Giving Psychology & Coaching*, and have expanded our team. You can view our new website at www.lgpc.com.au to see images of our team, new offices, and offerings.

You may also be interested to know we are soon launching our *Thriving Business Initiative*, with programs to develop leadership and mental health awareness in the workplace. Full information will be available on our website.

If you have any specific queries about the groups or our other initiatives, please get in touch with Mary, our Practice Manager, at admin@lgpc.com.au. We look forward to our continued involvement in the care of your patients.

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