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Information for Clients

Philosophy

As a psychology practice we have the responsibility and training to provide respect, support and relief for those in need. Lilley Place aims to facilitate individuals functioning as best they can – getting the maximum possible from life. We believe every individual has the right to receive high quality and confidential services.

We have a responsibility to strive for self-improvement as psychologists, and to enhance the services offered by Lilley Place. We are committed to ongoing training and professional development through attendance at seminars, workshops and conferences. Participation in, and provision of, supervision assists the development of Lilley Place as a clinical psychology practice.

Psychologists

Psychologists diagnose, treat and prevent a wide range of general and mental health issues affecting children, adolescents, adults, and families. Lilley Place has a number of psychologists, Dr Peta Lilley, Ms Kirsten Grass, Dr Lizzy Talbot, Ms Megan Fleming, Ms Jessica Brands & Dr Annette Watson-Luke.

Services Provided by Lilley Place

Psychological services are available for children, adolescents, adults and families. Assessment, treatment and/or management are available for a number of presenting problems, including (but not limited to) the following:

- Problems with daily living
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autistic Spectrum Disorder (ASD)
- Developmental Delay
- Learning and behaviour problems
- Responses to trauma (including Post Traumatic Stress Disorder)
- Fears, worry and anxiety
- Obsessive Compulsive Disorder (OCD)
- Depression
- Family functioning
- Career planning
- Time management and organisational skills
- Stress
- Sleep Problems
- Parenting difficulties

A number of different service options are available, including:

- School visits and assessments
- Home visits and assessments
- Ongoing monitoring and individualised therapy programs
- Individual and small group therapy
- Parent support, counselling, information and education
- Consultation with educational, allied health and medical professionals
- Psychometric assessments including educational assessments.

Referrals are accepted from medical professionals, allied health professionals, school staff, parents and individuals. Written referrals are not required when seeing a psychologist under private health insurance. However, referrals are required from either a GP, Paediatrician or Psychiatrist in order to access rebates under the Medicare Scheme.

A number of different psychotherapies exist. All psychologists at Lilley Place are trained primarily in the use of Cognitive Behavioural Therapy (CBT), which focuses on thoughts, feelings, and behaviours and how they effect and maintain emotional and behavioural difficulties experienced. CBT is goal orientated and focuses on problem solving and relapse prevention. Skills from other therapies can also be utilised depending on the nature of the presenting problem.

Hours

Services are available on Monday to Friday during regular business hours. To accommodate busy individuals and families, Lilley Place has appointments after hours on Tuesday and Thursday evenings and on Saturdays.

Location

Lilley Place is located in suite 6, level 4 in the office tower at Indooroopilly Shopping Centre.

Parking

Free parking is available in the car park of Indooroopilly Shopping Centre. Best access to the Tower is from the car parks located off gate 5 or 12, off Musgrave Road, from Moggill Road. Please allow extra time to park on Thursday evenings, Saturdays and during holiday periods.

Both buses and trains service Indooroopilly Shopping Centre. The bus station is located on level 3 of the centre, whilst trains interchange at Indooroopilly train station located on Station Rd, approximately five hundred metres down from the centre.

About Peta Lilley...

Peta completed the Clinical Psychology PhD Program within the School of Psychology, The University of Queensland (UQ). The focus of her research was the development of emotional and behavioural difficulties (particularly Post Traumatic Stress Disorder, PTSD) in children and adolescents following trauma. Peta has also completed a post-doctoral research fellow position in the School of Medicine at UQ.

Peta has worked in Government and non-government agencies, hospitals and private practice. Therapy has been conducted with children, adolescents, adults and families. While Peta's primary theoretical framework is Cognitive Behavioural Therapy (CBT), she utilises Schema-Focused therapy, Interpersonal Therapy (IPT), Mindfulness and Acceptance and Commitment Therapy (ACT) where appropriate. Peta is an accredited Triple P provider. Peta has full registration with the Psychologists Board of Queensland (registration number 980482). Peta is also a full member of the Australian Psychological Society (MAPS), and the APS College of Clinical Psychologists. She is also a member of the Australian Association for Cognitive and Behaviour Therapy (AACBT).

Prior to commencing PhD studies, Peta completed her Honours degree at the University of Queensland (1997). Honours Class I in the field of Psychology was obtained. Peta also gained a Dean's commendation for academic achievement. A Bachelor of Arts degree, with a double major in psychology, was also awarded from the University of Queensland (1996).

Peta has ongoing involvement in research and evidence-based practice. Peta also provides supervision for psychologists undergoing post-graduate specialist training in Clinical Psychology at the School of Psychology (UQ). Peta has successfully completed the Supervisor Training and Accreditation Program (STAP).

About Kirsten Grass...

Kirsten Grass completed her Master of Clinical Psychology degree at the University of Queensland (UQ). Prior to this, Kirsten completed a dual Science/Arts Bachelor degree and an Honours degree in the field of psychology, also at UQ. Throughout her undergraduate and postgraduate studies, Kirsten received Dean's commendations for academic achievement. Kirsten has full registration with the Psychologists Board of Queensland (registration number 1051049) and is a member of the Australian Psychological Society (APS).

Kirsten has worked and trained in a number of settings in Australia, including hospital, government, and university clinics. She has also spent time working overseas with disadvantaged populations as a volunteer psychologist.

Kirsten has had experience and enjoys assessment and treatment of adults, adolescents and children who present with a range of clinical disorders and difficulties including: Depression, Anxiety (including phobias and obsessive compulsive disorders), eating disorders, anger management, and motivational difficulties. She has been trained extensively in Cognitive Behaviour Therapy (CBT) and Behaviour Therapy, and is very interested in the practice of Mindfulness Therapy.

Kirsten additionally has an interest in research regarding sexism and its effects on mothers and pregnant women. She has recently been published in the international journal, *Sex Roles*.

Kirsten has successfully completed the Supervisor Training and Accreditation Program (STAP).

About Dr Lizzy Talbot...

Lizzy is a clinical psychologist who has been trained in Cognitive Behaviour Therapy, which is a therapy with a strong evidence base for the treatment of many psychological conditions across a range of ages. Lizzy has worked within government and non-government agencies in Australia and has also spent two years working overseas as a clinical psychologist in a private practice in London's West End (United Kingdom). Lizzy has experience working with adults presenting with anxiety, stress, burnout, adjustment difficulties, life issues, and depression. She has also worked directly with children and adolescents experiencing anxiety, stress, anger, depression and adjustment difficulties as well as with families with children who are presenting with behavioural and emotional problems.

Lizzy's academic qualifications include a Doctorate of Clinical Psychology from the University of Queensland and a Bachelor of Arts with a double major in Psychology (Hons) also from the University of Queensland. She is fully registered with the Queensland Board of Psychology in Australia and is recognised by Medicare as a provider of specialist clinical psychology services. Lizzy is also an accredited Triple P (Positive Parenting Program) Provider, which means she is a recognised and qualified provider of Triple P services for parents and other carers that deal with the behaviour of children and young people.

Lizzy has successfully completed the Supervisor Training and Accreditation Program (STAP).

About Annette Watson-Luke...

Annette completed the Clinical Psychology PhD Program within the School of Psychology, The University of Queensland (UQ). Her research focused on how people with schizophrenia understand and cope with a group of distressing problems, called negative symptoms, associated with the disorder. Prior to undertaking training in psychology, Annette trained and worked as a registered nurse in a number of public and private hospitals within Queensland.

As a clinical psychologist, Annette has worked and trained in a variety of hospital and university settings, primarily using a Cognitive Behavioural Therapy (CBT) approach. She has full registration with the Psychologists Board of Queensland (registration number 960493) and is a member of the Australian Psychological Society (MAPS), and the APS College of Clinical Psychologists. Annette has successfully completed the Supervisor Training and Accreditation Program (STAP).

Annette's primary interest is in Clinical Health Psychology and she is passionate about assisting people to optimise their health and wellbeing. Health Psychology uses the principles of psychotherapy, primarily CBT, to help people to recover from, or self-manage, illness, trauma or disability. This goal may be achieved in many different ways but often includes providing information and education to clients and their families, and developing behaviour change programs in consultation with them. Health psychology frequently focuses on reducing problems associated with poor health or injury. These problems may include emotional reactions such as anger, anxiety and depression, non-adherence to medical regimes, substance use, chronic pain, eating problems, physical inactivity, and poor sleep.

As a health psychologist, Annette has helped many people recovering from major physical trauma, and people learning to cope with the diagnosis or treatment of a new or existing health problem. She has experience in assisting people with the impact of loss, bereavement, terminal illness, and death and dying.

About Megan Fleming...

Megan completed her Honours Degree in Psychology at the University of Queensland (UQ) and undertook two years supervised practice to obtain full registration as a psychologist. She is currently completing her Clinical Masters degree in Psychology at UQ and her research interests are obsessive compulsive disorder, mindfulness and Acceptance and Commitment Therapy (ACT).

Megan has previously worked for the Department of Corrective Services for 6 years. Since October 2004 she has worked in a community mental health team in the West Moreton district. Megan has experience in assessing and treating men and women suffering from a range of clinical disorders including depression, generalised anxiety disorder, obsessive compulsive disorder, panic disorder, post traumatic stress disorder, social phobia and adjustment disorders. Megan has an interest in working with couples and is undertaking a supervision program within this field. Megan also has extensive experience in psychological assessment and report writing (including adults and children). She has a particular interest in the use of mindfulness and the branch of Cognitive Behaviour Therapy (CBT) known as Acceptance and Commitment Therapy (ACT).

Megan is fully registered with the Psychologist's Board of Queensland (registration number: 980495), and is an associate member of the Australian Psychological Society (MAPS). She is also a member of the Australian Association for Cognitive and Behaviour Therapy (AACBT).

About Jessica Brands...

Jessica completed a Bachelor of Psychological Science and was awarded First Class Honours at the University of Queensland in 2006. Several times throughout her degree she was awarded the Dean's Commendation for High Achievement. She is currently completing a Doctorate of Clinical Psychology at Queensland University of Technology, and in the process of evaluating an online program for comorbid depression and alcohol use. She is a member of the Golden Key International Honour Society, which recognises the top 15% of university students worldwide.

Jessica has previously practiced in the inpatient unit of the Princess Alexandra Hospital treating clients who were actively psychotic or suicidal, as well as the QUT Psychology Clinic. She has had experience working with a variety of problems including depression, anxiety, trauma, abuse, bipolar mood disorder, schizophrenia/schizoaffective disorder, self harm, Asperger's Syndrome, ADHD, and personality disorders, and enjoys working with adults, children and families. She offers a range of different therapies to suit the needs of her clients, including cognitive behavioural therapy, dialectical behaviour therapy, mindfulness, psychodynamic therapy, narrative therapy, and emotion-focused therapy. She has a special interest in working with adults with a past history of trauma and attachment difficulties.

Jessica holds general registration with the Psychologist's Board of Queensland (registration number 1080640) and is an Associate Member of the Australian Psychological Society (AssocMAPS). She is recognised as a generalist provider of psychological services under Medicare.

Fees

The Australian Psychological Society (APS) provides psychologists with recommended fee schedules. Until June 30, 2010 the APS recommends that a standard one-hour consultation be charged at \$206.00. At Lilley Place a reduced rate is offered so that families and individuals can access needed psychological services. Typically, sessions are 1 hour in duration and range between \$150 to \$175. Fees must be made payable at the time of consultation. Payment can be cash, cheque or EFTPOS (Visa, Mastercard and debit cards accepted).

When session costs are to be covered by a 3rd party, for example insurance claims or WorkCover, details must be provided prior to the first appointment.

Health rebates are available for patients with Private Health Cover. Patients are provided with a statement at the time of payment and this can be taken to the private health fund to receive a rebate. As each health fund and level of cover relates to different rebate allowances, each client is encouraged to discuss rebates directly with their fund. Families without private health insurance are entitled to claim expenses for psychological services as a tax rebate at the end of each financial year.

There are now options for rebates through Medicare. To be eligible to access services under this scheme, patients must have a diagnosed mental health disorder and be referred by their GP, Psychiatrist or Paediatrician. Patients will be able to access up to 12 individual sessions per calendar year with maximum rebates from Medicare. Again, payment must be made at the time of consultation, and then rebates claimed directly through Medicare. For further information on the Medicare Scheme, please refer to the Medicare Question and Answer sheet.

Phone consultations are available and are charged in blocks of 15 minutes, for example, 15+ minutes costs \$35, 30+ minutes costs \$70 and so forth. Extended phone consultations will be booked and prices negotiated prior to the phone consultation occurring. Please also note that email correspondence will also be charged pro rata for time taken to reply to the email.

If you are unable to make an appointment, please call and reschedule as soon as possible. Late cancellations mean that other clients are not able to access assistance that otherwise would have been available. If 24 hours notice is not given to change or cancel an appointment, a cancellation fee will be charged.

Privacy and Confidentiality

All client details and records are kept completely confidential. Only practice staff have access to client files. Any information discussed in therapy is kept in the strictest confidence except when; a) a client directs communication with another interested party, b) the client is thought to be a danger to themselves or someone else or c) the court orders the disclosure of certain information.

More Information and Useful Links

Further information about psychologists and psychology services can be located on the internet:

Australian Psychological Society (APS): www.psychsociety.com.au

American Psychological Association: www.apa.org

Medicare: www.medicareaustralia.gov.au

Department of Health and Aging: www.health.gov.au

Australian Association of Cognitive and Behaviour Therapy: www.aacbt.org

Beyond Blue: www.beyondblue.org.au