

Enquiries to Amanda on
07 3839 4400 or email
manager@psycare.com.au

New Office Location

PsyCare is pleased to announce the relocation of our Strathpine Office (previously located in Agility Physio & Pilates) to the **Warner Family Medical Practice**. The office is located at 355 Samsonvale Road, Warner. Dr Simone Baker and Joanne King are available for consultations. Simone specialises in **Pediatric Clinical and Neuropsychology** while Joanne specialises in **Acceptance and Commitment Therapy**. Please phone (07) 3839 4400 to make an appointment.

Strathpine Office Relocation

Rehabilitation Update

On 26 October 2010, Rebecca Sheehy and Jasmine Rijnbout (pictured) attended the **Return to Work Conference and Expo: Above & Beyond**. The consultants provided invaluable information on assisting injured employees return to a safe work environment with a win-win solution for both the employee and employer. In particular, the role of leadership in managing and preventing mental injuries; personalities, how to live & work with people who are not like you; workplace safety; a psychological injury; and the power of perspective. To assist with your workplace rehabilitation needs, please contact Rebecca on 0402 226 142 or RebeccaS@psycare.com.au.



Rebecca Sheehy &
Jasmine Rijnbout

Resources

Books

- Turning Stress Into Success!
- Living Beyond Pain
- Wholly Coping
- Brief Treatments for Common Psychological Problems
- Work-Related Stress Injury

Audio CDs

- Stress Free Living
- Relaxation
- Beyond Coping
- Wholly Coping
- Pain Management
- Effective Communication Skills
- Personal Safety at Work
- Work Related Stress: HR, OH&S and Legal Strategy

All of the PsyHealth Media publications are online at:

www.psyhealth.com.au

Contact Us

Brisbane Head Office

Suite 1, Level 1,
201 Wickham Tce
SPRING HILL QLD 4000
P: 07 - 3839 4400 F: 07 - 3839 4455
E: manager@psycare.com.au

Mt Gravatt Office

2/20 Creek Road
MT GRAVATT QLD 4122
P: 07 - 3137 2011 F: 07 - 3137 2014
E: mtgravatt@psycare.com.au

Nundah, Scarborough, Warner & Morayfield Offices

P: 07 - 3839 4400 F: 07 - 3839 4455
E: manager@psycare.com.au

Sunnybank & Coorparoo Offices

P: 07 - 3137 2011 F: 07 - 3137 2014
E: mtgravatt@psycare.com.au

Gold Coast & Tweed Office

4/2431 Gold Coast Highway
MERMAID BEACH QLD 4218
& 13 Beryl Street
TWEED HEADS NSW 2485
P: 07 - 5680 9900 F: 07 - 5680 9903
E: goldcoast@psycare.com.au

www.psyhealth.com.au

Consultant Contact - Your Direct Access

Brisbane, Mt Gravatt & Northside

- **Dr Simone Shaw**
Partner - Workers' Compensation & Rehab
M: 0408 740 049
E: SimoneS@psycare.com.au
- **Jo Karabitsios**
Partner - PsyCare Corporate
M: 0423 301 926
E: JoK@psycare.com.au
- **Dr Danielle Lees**
Partner - Leadership & Strategy
M: 0409 725 862
E: DanielleL@psycare.com.au
- **Ben De Young**
Partner - Leadership & Strategy
M: 0433 534 470
E: BenD@psycare.com.au
- **David Whittingham**
Partner - Specialist Services
M: 0433 761 291
E: DavidW@psycare.com.au
- **Dr Peter Stebbins**
Partner - Leadership & Strategy
M: 0408 107 586
E: PeterS@psycare.com.au
- **Dr Lee Hearn**
Partner - GP/Counselling & Spec. Services
M: 0408 060 074
E: LeeH@psycare.com.au
- **Dr Alison Bocquee**
Partner - GP/Counselling & Spec. Services
M: 0408 012 041
E: AlisonB@psycare.com.au
- **Dr Leith Middleton**
Partner - GP/Counselling
M: 0402 110 634
E: LeithM@psycare.com.au
- **Dr Caroline Gregory**
Snr Assoc - GP/Counselling & Spec. Services
M: 0405 464 983
E: CarolineG@psycare.com.au
- **Cameron Elsworthy**
Snr Assoc - GP/Counselling & Rehab
M: 0404 138 153
E: CameronE@psycare.com.au
- **Alex De Young**
Snr Assoc - GP/Counselling
M: 0433 230 635
E: AlexD@psycare.com.au

- **Rebecca Sheehy**
Snr Assoc - Workers' Compensation & Rehab
M: 0402 226 142
E: RebeccaS@psycare.com.au
 - **Joanne King**
Snr Assoc - GP/Counselling & Spec. Services
M: 0423 969 785
E: JoanneK@psycare.com.au
 - **Monique Killmore**
Snr Assoc - GP/Counselling
M: 0421 646 458
E: MoniqueK@psycare.com.au
 - **Dr Simone Baker**
Snr Assoc - GP/Counselling & Spec. Services
M: 0404 207 044
E: SBaker@psycare.com.au
 - **Dr Penny Mackay**
Snr Assoc - GP/Counselling & Spec. Services
M: 0439 992 750
E: PennyM@psycare.com.au
 - **Dr Sarah Pollock**
Snr Assoc - GP/Counselling & Spec. Services
M: 0402 022 3443
E: SarahP@psycare.com.au
 - **Stephen Barrett**
Associate - GP/Counselling
M: 0449 232 272
E: StephenB@psycare.com.au
 - **Jasmine Rijnbout**
Associate - GP/Counselling & Rehab
M: 0422 501 085
E: JasmineR@psycare.com.au
- ### Gold Coast
- **Dr Kristy Pinter-Thom**
Partner - GP/Counselling & Spec. Services
M: 0402 283 721
E: KristyP@psycare.com.au
 - **Nicole Prendergast**
Partner - GP/Counselling & Spec. Services
M: 0411 989 142
E: NicoleP@psycare.com.au
 - **Adrian Ashton**
Snr Assoc - GP/Counselling & Rehab
M: 0404 713 282
E: AdrianA@psycare.com.au
 - **Robyn Farley**
Snr Assoc - GP/Counselling & Spec. Services
M: 0401 299 736
E: RobynF@psycare.com.au

PsyCare

Clinical Psychology

"Helping Individuals & Organisations Maximise Their Potential"



Calm



Balanced



Confident



Successful

Spring 2010

About PsyCare

PsyCare is a multidisciplinary team of consultant psychologists specialising in organisational and clinical psychology.

Our Services

GP & Counselling Services

- Depression, Anxiety, OCD, Phobias, Bipolar Disorder, ASD & Eating Disorders
- Trauma & Abuse
- Grief & Loss Counselling
- Behaviour Management & Resiliency
- Parenting Skills
- Anger & Conflict
- Relationship Issues
- Addictions & Alcohol

Specialist Services

- Neuropsychological Assessments following accidents/injuries, Intellectual Functioning; Learning Disorders & Capacity
- Disability Services & Support: Behaviour Support, Early Intervention, Family Support
- Work Capacity & Treatment: Job Readiness/Capacity Evaluations, Diagnosis & Treatment
- Medico-legal Assessments: Personal Injury, Pre-Sentencing, Witness Competency.
- Child Safety, Family & Social Assessments
- Drug & Alcohol Assessments: Work Fitness & Intervention Services

Workers' Compensation & Rehabilitation

- Return to Work: Initial Needs Assessments, Suitable Duties Plans
- Case Management
- Vocational Assessments & Market Research
- Stress Claims: Clinical & Factual Assessments/Investigations

Contact Us:

Brisbane Head Office

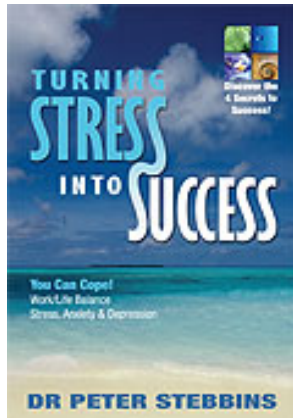
P: 07 3839 4400

F: 07 3839 4455

E: manager@psycares.com.au

NEWS

Clinical Services



PsyCare provides psychological treatment for children, adolescents, adults and families referred by their Doctor. Over the last year, the type of referrals for adults has included (but not limited to) Depression (50%), Depression and Anxiety (28%), Anxiety (11%), Bipolar Disorder (6%) and Posttraumatic Stress Disorder (5%). Following an average of six sessions of cognitive behavioural therapy, approximately 75% of clients reported a significant improvement in their level of anxiety, depression and stress symptoms, as measured by the DASS at pre- and post-treatment. Cognitive Behavioural Therapy is an approved treatment under the Better Access to Better Health Care Initiative where clients referred through their GP can access up to 12 individual sessions of psychological treatment. Please contact our Head Office on (07) 3839 4400 to make an appointment.

Outcome Data for Clinical Clients

Specialist Services

Do your clients have difficulty with memory, attention and concentration? Learning school or course work? Excessive alcohol consumption or making future health care and lifestyle decisions? If so, this may be a sign of a neurological disorder, head injury, developmental disorder or mental health issue. At PsyCare, our team of expert Clinical Neuropsychologists can provide comprehensive information about the difficulties a person is experiencing and provide options for treatment, as well as provide support and advice for significant others.

Neuropsychological Assessments are vital for diagnosis of cognitive difficulties and can also be useful in determining a person's capacity to make reasoned and informed decisions about various issues such as where they will live, what medical treatment they will receive, if they can manage their finances, or if they can make a decision about their will or enduring power of attorney. For more information about how PsyCare Neuropsychology services can assist go to PsyCare Specialist Services on the PsyCare website or contact Dr Lee Hearn (pictured) on 0408 060 074 or LeeH@psycares.com.au.



Promotions & New Consultants

PsyCare People



Dr Penny Mackay & Dr Sarah Pollock

PsyCare would like to congratulate **Nicole Prendergast** for her recent promotion to Partner. PsyCare would also like to welcome our newest consultants **Dr Penny Mackay** & **Dr Sarah Pollock** (pictured). Penny is based at the Spring Hill Office working in the GP & Counseling Services Portfolio. Penny has experience in a variety of settings including hospital mental health, chronic pain treatment programs and counselling with children and families. Penny specialises in cognitive behavioural techniques for the treatment of mental health conditions such as anxiety and depression. Penny has a particular interest in the treatment of adjustment disorders in the context of medical illness and recovery from injury. Penny can be contacted on 0439 992 750 or PennyM@psycares.com.au. Sarah is based at the Mt Gravatt Office. She specialises in providing assessment and treatment for adults and children with acquired brain injury and neurological conditions including epilepsy. Sarah has experience in conducting child and family behavioural assessments and interventions. She also has experience in treating a range of mental health issues and has specialised in treating anxiety disorders, depression, grief and loss, adjustment disorders, stress and behavioural problems. Sarah can be contacted on 0402 022 344 or SarahP@psycares.com.au. PsyCare would like to congratulate **Dr Leith Middleton** who recently gave birth to a baby boy. Leith will be on maternity leave until March 2011 - we wish her all the best during this time.