

## Fees & Referrals

### Service Fees

All fees are payable at the time of consultation via cash, cheque, or EFTPOS.

Clinical psychologists at Milestones Psychology set their fees independently. Please contact your preferred psychologist for more information.

### Medicare Rebates



Several different Medicare schemes provide rebates to individuals for the cost of accessing psychology services. The most common of these is the Better Access to Mental Health Care initiative.

If you have been referred by your GP (under a Mental Health Treatment Plan), paediatrician, or psychiatrist you will be eligible for a rebate through Medicare. The current rebate for a 50-60 minute clinical psychology consultation is \$119.80.

Please note that only certain problems qualify for a Medicare referral and referrals are at the discretion of your GP. Also, rebate amounts vary depending on the initiative under which individuals are referred.

For more information about Medicare referrals, talk to your doctor.

### Private Health Insurance Claims



Fast claims... on the spot

You may wish to claim a rebate through your private health insurance.

Please check eligibility for psychology services with your health insurance provider prior to attending your first appointment.

## Contact Us



### General enquires:

Ph: (07) 3843 5739

Email: [info@milestonespsychology.com.au](mailto:info@milestonespsychology.com.au)

[www.milestonespsychology.com.au](http://www.milestonespsychology.com.au)

### Appointments:

Please telephone your preferred psychologist for additional information or to arrange an appointment:

Joanne Isbel	0430 378 611
Janelle Charrington	0422 914 629
Jaime Thornhill	0421 132 065

### Location / Post:

Office 2 / 109 Waverley Road  
(Cnr Chatsworth & Boundary Roads)  
Camp Hill QLD 4152

PO Box 47, Camp Hill QLD 4152



**Free parking onsite via Chatsworth Rd entrance**



APS Psychologists

## About Milestones Psychology

Milestones Psychology has psychologists specialising in clinical psychology for children, adolescents, adults, and families. Our psychologists are highly-trained therapists who provide evidence-based psychological treatments for a wide range of emotional and behavioural difficulties.

Milestones Psychology is located in Camp Hill, Brisbane, in a modern and discreet facility that ensures clients have the opportunity to address their concerns in a comfortable and confidential environment.

Our aim is to provide highly professional clinical psychology services in a timely and affordable manner.

## Clinical Psychology Services

Clinical psychologists are specialists in the assessment, diagnosis and treatment of psychological and mental health problems.

They are trained to provide a range of techniques and therapies to assist people with the following types of concerns:

- \* Anxiety
- \* Depression
- \* Low self-esteem
- \* Adjustment Disorder
- \* Panic Disorder
- \* Obsessive Compulsive Disorder
- \* Addictions
- \* Weight concerns
- \* Work-related stress
- \* Difficulty coping with medical conditions
- \* Pregnancy concerns
- \* Schizophrenia
- \* Sleep problems
- \* Bereavement
- \* Relationship issues
- \* Eating Disorders
- \* Bipolar Disorder
- \* Post-traumatic Stress Disorder
- \* Developmental Disorders
- \* Behavioural issues
- \* Fussy eating in children
- \* School refusal
- \* Anger problems
- \* Learning difficulties

## Our Psychologists

All psychologists at Milestones Psychology are highly qualified and experienced health care providers. They have demonstrated expertise in the treatment of mental health concerns and work collaboratively with other treating health professionals, such as GPs, to ensure that clients receive optimal care.

Each psychologist has completed a Masters, Doctorate or PhD degree in Clinical Psychology and regularly participates in ongoing professional development activities. In addition, all psychologists at Milestones Psychology are registered with the Psychology Board of Australia, as well as with Medicare Australia and Private Health Funds. Please see the next page for further information about our psychologists.



## Why Choose Us?

- \* **Expertise** – Medicare Australia and the Psychology Board of Australia recognise Clinical Psychologists as specialists in mental health care
- \* **Experience** – Each therapist has been employed as a psychologist for at least 7 years
- \* **Collaborative** – Treatments are client-driven and tailored to the individual's needs
- \* **Modern** – New purpose-built facilities
- \* **Flexible** - Evening / weekend appointments available
- \* **Affordable** – Higher Medicare rebates

### **Joanne Isabel** **Director / Clinical Psychologist** **BA (Hons, Psych), MCLinPsych** **MAPS – Clinical College**

Joanne is the Director of Milestones Psychology and is a skilled Clinical Psychologist. She has experience across a variety of mental health concerns including anxiety disorders, depression, relationship issues and work-related stress. A focus of her practice is women's mental health. Joanne has a strong interest in motivational therapy for behaviour change in adults and enjoys helping clients work towards life balance.

### **Dr Janelle Charrington** **Visiting Clinical Psychologist** **BBehSc, BPsych (Hons), PhD (ClinPsych)** **MAPS – Clinical College**

Janelle is experienced in adult mental health. She provides support to men and women for a range of psychological concerns but is especially interested in the areas of anxiety, depression, bereavement, drug and alcohol use, and adjustment to stressful life events. In addition, Janelle provides psychological treatments for binge-eating and weight concerns and is accredited by Medicare to provide non-directive pregnancy support counselling.

### **Dr Jaime Thornhill** **Visiting Clinical Psychologist** **BA (Hons, Psych), DCLinPsych** **MAPS – Clinical College**

Jaime is experienced in providing psychological services to children, adolescents, and families presenting with concerns that include anxiety, depression, self-esteem, social difficulties, eating concerns, and behavioural issues. She is also experienced in assessing and treating children with developmental concerns such as ADHD, Autism Spectrum Disorders, general developmental delays and learning difficulties. Jaime also has experience working with adults in the areas of anxiety disorders, depression, substance use disorders, eating and body image concerns, and adjustment difficulties.