

### **Clarification on the roles and fees.**

**Psychiatrists** are fully qualified medical doctors who have specialized in mental health. They can write prescriptions. They are specialists requiring referral from a GP.

**Psychologists** are university degree qualified in the study of psychology which is defined as the science of mental processes and behavior. Many Psychologists use counselling methods to help their clients. You need a referral from your GP to see a Psychologist if you wish to claim a Medicare rebate.

**Counsellors** are trained to listen to people and help them figure out what is the best course of action for them to take. No referral is necessary and no Medicare rebate is currently available.

Now from the Psychology Association website <https://www.psychology.org.au/Assets/Files/2016-17-APS-IS-SRF-P2.pdf>, we find recommended fees of \$241 per hour. Deducting the maximum Medicare rebate of \$125 (ref Table of Medicare Benefits Schedule fees and rebates for psychology items (as of 1 July 2014)) means the client pays \$116. Note that actual fees charged can vary from the recommendation. Note also that Counselling is mostly cheaper despite not being eligible for the Medicare rebate. In addition you do not need a referral or mental health assessment and plan to see a Counsellor. You do not need to have anything wrong with you – just a desire to improve your life.

Counselling or Coaching sessions with Wilf cost \$90 with a reduction to \$70 for pensioners.