



Curtin University



THE ADULT PSYCHOLOGY CLINIC

The Adult Psychology Clinic offers a professional clinical facility for individuals experiencing a wide variety of psychological problems.



This service is provided by Clinical Psychology Trainees undertaking supervised advanced postgraduate training.

The therapists are supported and supervised by a team of highly experienced, registered Clinical Psychologists, in all clinical cases.

The clinic is proficient in providing services for a range of clinical problems.

This includes, but is not limited to depression, obsessive compulsive disorder and generalised anxiety.

Treatment is also available for people experiencing low self-esteem, perfectionism, panic attacks, anger management issues, social anxiety and eating disorders.

Individual treatment

After initial assessment, a plan for therapy is drafted in conjunction with you, pinpointing goals for treatment and outlining the treatment program. In general, therapy involves approximately 6 to 10, one-hour sessions, weekly.

The length of treatment and individual sessions will vary according to the nature of your problem and the type of specialised exercises that may be assigned. Your therapist will carefully explain the program and will answer any questions you may have.

Fees

Individual treatment is \$45 per session.



Group programs

The clinic also runs the following dedicated treatment programs: Obsessive Compulsive Disorder, Generalised Anxiety Disorder, and Mood Management Groups for anxiety and depression.

- **Obsessive Compulsive Disorder:** A 10 week group for adults to learn how to manage obsessions and compulsions by exercises in identifying obsessive thoughts and changing reactions to them.
- **Generalised Anxiety Disorder:** A six week group for adults to learn how to manage and reduce excessive worry and rumination. Participants will learn to respond to anxiety provoking thoughts in a more helpful manner.
- **Mood Management for Anxiety and Depression:** A 10 week group for adults to learn effective coping skills to reduce anxiety and depression, including relaxation skills, how to challenge unhelpful thinking and other strategies.

All group programs involve one 2-hour session per week, plus a one month follow-up session. All participants must first attend an assessment session prior to the group starting.

Sessions are recorded to allow the therapist to give the best intervention by close supervision. Recordings are completely confidential and are wiped after supervision is completed.

Fees

Group programs are \$25 per session.

As the clinic is part of a research facility, there may be an opportunity for you to participate in one of our research programs. Although the treatment offered through the clinic is the best currently available, our research focus aims to further improve the success rates for people experiencing psychological problems. Participation in any research program is on a voluntary basis.

Due to ethical issues, the service is not available to staff or students enrolled in courses at Curtin University.

CONTACT INFORMATION

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