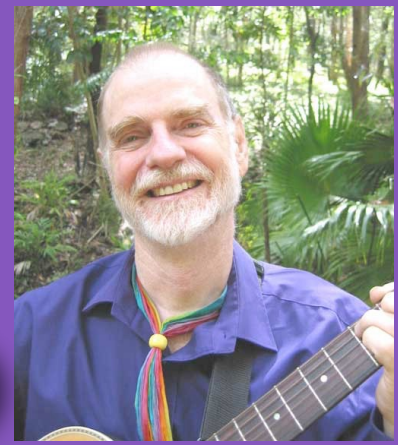


Dick Rigby

Clinical Psychologist,

B.Sc. (Mon), M.Sc. (Qld) MAPS, MAPA, FACP



"Good therapy is a sound economic investment"

summary

Let me share a little about myself:

I am Vice President and Fellow of the Brisbane Branch of the Australian College of Psychologists (incorporated Canberra ACT). I am a registered Clinical Psychologist with Medicare and I am in private practice in Kenmore. I write the monthly "Dear Dick" psychology column in The Local Bulletin.

I offer a unique package which involves combining a wide variety of techniques and approaches. My focus is on helping people overcome problems which prevent them from reaching their full potential in life.

background

I have had many years experience since graduating with a Master of Science degree, majoring in psychology from the University of Queensland in 1971. I have had extensive experience working as a clinical psychologist including a period as Senior Psychologist with the Queensland Health Department.

My original degree was in Zoology from Monash Uni and I am also a registered secondary school teacher. I have written the book "Holistic Singing and Toning" and also produced several self help CDs. I am a music & voice therapist.

I have been in private practice as a clinical, counselling, consulting and neuro-psychologist since 1983.

approach to therapy

My style of therapy is caring and supportive. I believe that I am able to help people develop self confidence and belief in themselves. I really enjoy helping people overcome their unwanted fears. More details about my work is described further down.

Medicare rebate

I am registered as a Medicare Provider, number 2669481A. In order to qualify for the Clinical Psychologist higher Medicare rebate, you must have a a Mental Health Care plan from your doctor. You can have 6 sessions authorized with the option of a further 4 sessions subject to your doctor's review of your case. You are allowed a maximum of 10 sessions in a calendar year.

For more details about Medicare:

- I can post or email you an information sheet
- or contact The Australian Psychological Society: www.psychology.org.au
- or contact Australian Government Department of Health and Aging: www.health.gov.au

length of session

Normally my sessions are of one hour duration.

therapeutic techniques

I draw on many different and varied psychological theories and techniques including:

- Psychoeducational techniques & life skills
- Skills training for anger, stress conflict management
- interpersonal therapy especially for depression
- Counselling
- Cognitive Behaviour Therapy involving appropriate interventions
- Inner child work & Voice Dialogue
- Sedona technique
- Family therapy and reconciliation
- Teaching active listening & empathy with couples
- Relaxation techniques (I released the CD "Body & Mind Relaxation" to help with this)
- Emotional and body awareness
- Systematic desensitization & other fear reduction techniques
- Neurolinguistic Programming
- Energy balancing (I released the CD "Toning the Chakras" to help with this)
- Emotional Freedom Technique
- Gestalt & psychodrama
- Addiction recovery models of Mellody & Bradshaw
- Music therapy, other music and voice work
- Sleep induction techniques (I released the CD "Help with Getting to Sleep" to help with this)

charges

Please refer to www.feel-good.com.au for my current hourly rate. If you have a Mental Health Care plan, you will be rebated most of the cost.

Master card, Visa card & EFTPOS facilities are available.

You may be eligible for a partial rebate of fees:

- if you are covered by a current Mental Health Care plan.
- or if you have private medical insurance that cover psychological services

appointments

My normal consultation days are Tuesday, Wednesday & Thursday. I start at 11.00 am and finish at 7.00pm. I am able to make appointments outside of these times when the need arises.

The waiting time to get an appointment will vary and depend on the preferred time of day. However, you should be able to make an appointment to see me within a few days.

To make an appointment please ring me on 3378 6267.

energy psychology

I understand how important the energy systems of the body are. I use techniques such as the "Emotional Freedom Technique" which are at the cutting edge of integrating the physical and mental aspects of healing.

issues that come up

I am able to help people with a wide variety of psychological and communication issues. These issues include:

anxiety & related states

- excessive worry
- overcoming phobias and other unjustified fears
- management of anxiety or panic attacks
- Generalized Anxiety Disorder

life style improvements

- building self confidence
- developing assertiveness
- developing self awareness
- setting good boundaries and sticking to them
- guidance in life management skills including decision making

motivation, concentration & energy

- issues of getting motivated and initiating action
- problems with concentrating on work or study

depression

- management of depression - (treatment can be without drugs)

health & somatic issues

- health problems where psychological and energy healing assist in recovery
- teaching how to have more control over things that go wrong with your body
- management of non organic enuresis

relationship & communication

- communications skills
- relationship & marriage issues including difficulties with partners, children and others

crisis & trauma

- recovery from trauma including Post Traumatic Stress Disorder, abuse and torture
- recovery from abuse including family of origin abuse
- crisis counselling including grief and loss
- management of Bereavement disorder
- working through grieving in a healthy way including recovery from a relationship break up

psychotic disturbance

- I deal with guiding clients with either acute or chronic mild psychotic disturbances including schizophrenics and bipolar disorder clients

Dissociation

- Management of Dissociative (conversion) disorder

addictions & compulsions

- management of weight and eating issues; both over and under weight conditions
- management of substance dependency issues including alcohol, cigarettes, marijuana or prescribed medications
- overcoming other addictions such as; workaholism, love addiction, gambling addiction and codependency
- anger management and mood control
- overcoming obsessive thoughts and compulsive behaviour

behavioural problems

- adolescent and childhood behavioural problems
- Attention Deficit Disorder and hyperactivity in children and adults
- managing Adjustment Disorder
- Managing Conduct Disorder

stress & sleep management

- stress management and relaxation techniques
- sleep management

Pain management

- helping clients manage their pain

Sexual disorders

- management of sexual problems, disorders or dysfunction

skills for individuals & couples

I teach the skills of effective communication through non defensive communication, active listening, understanding and expressing empathy, sharing feelings as well as the sharing of personal awareness.

personal growth & development

Some people reach a stage in life where they feel that they need to change direction, but don't know how. Personal growth includes learning how to be in control of your life and moving forward while learning how to remove blocks and fears that get in the road.

organizational work

I am currently developing courses to help organizations and groups function at a more optimal level. The teaching package that I will be offering includes the many techniques mentioned above. I will be drawing on my extensive experience in group and corporate work that I have conducted in the past.

how long does therapy take?

Most therapy takes only a few sessions to get things sorted out. Sometimes when we fix one problem, more underlying issue will come up. You decide when to finish therapy at the point where things are working well enough for your satisfaction.

cancellation policy

If you give notification of a cancelled appointment with less than 24 hours notice you may be charged a cancellation fee. Cancellation with less than 2 hours notification may attract the payment of the full fee. Non attendance at an appointment may also attract the payment of the full fee.

change of information

If any of your personal details should change during the course of your professional contact with me, could you please let me know.

Dear Dick Articles

Since 1998, I have been writing monthly articles for "The Local Bulletin". This is a monthly newspaper that is distributed throughout the Western Suburbs of Brisbane, Australia. Through these articles, I am able to share with you my understanding of a wide range of psychological issues.

Kind regards

Dick Rigby

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My focus is on helping people overcome problems which prevent them from reaching their full potential in life.