



healthfocus
clinical psychology services

healthfocus

Hello Everyone,

Welcome to the Autumn Edition of the Healthfocus newsletter.

I trust that this newsletter finds you well and that you are enjoying the cooler change in weather. The recent summer was definitely a “scorcher”!

We are continuing the process of sending new referral pads and information profiles about our psychologists to our regular referring Doctors and Clinics. If you have not yet received a set and have run out of our old referral pads, please contact us and we will send a set to you.

Why Healthfocus?

Healthfocus Clinical Psychology Services has been serving residents in Armadale, Kelmscott, Roleystone, Byford, Bedforddale and surrounding areas since 2004, and today continues to be a privately owned and operated independent practice located in Pioneer Village, close to Armadale City Centre, the hub of a vibrant and growing region including Seville Grove, Haynes, Forrestdale and Champion Lakes. Healthfocus has a strong history of working with local GPs to assist clients with psychological conditions that are commonplace and related to the increased pace and stress of modern day life and work.

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About Psychologists

Registered Psychologists complete a university degree in psychology of at least 4 years and then undertake 2 years of supervised experience to gain General Registration with the Psychology Board of Australia (PBA).

A Clinical Psychologist is a psychologist who, in addition to completing undergraduate training, has also completed a further 2 years of accredited postgraduate university education at Masters or Doctoral level that includes clinical training, and then has undertaken 2 years supervised clinical practice as a Registrar.

From the PBA website (<http://www.psychologyboard.gov.au/Standards-and-Guidelines/FAQ/Psychology-FAQ.aspx>):

“Endorsement of a psychologist’s General Registration is a legal mechanism under the National Law through which particular groups of registrants, who have an additional specialist qualification and advanced supervised practice recognised by the Board, can be identified to the public, employers and others through the National Register.

“An endorsement on General registration indicates that a health practitioner has qualifications and supervised experience in an advanced area of practice, in addition to the minimum level of training required for General registration.”

Each of the psychologists with Healthfocus is a Clinical Psychologist or Registrar with at least 2 years of formal, accredited postgraduate education in the area of Clinical Psychology.

Our team includes Clinic Principal Ms Yong Lee, Ms Lisa Irving, Dr Debbie Lien, Dr Zdenka Bartova, and Ms Monique Armstrong-Burgin. All have deep experience and a variety of focus areas. Healthfocus is able to best match one of our psychologists to each client’s needs.

If you see anyone who feels overwhelmed from life circumstances, is feeling “stuck”, hopeless or helpless, stressed, anxious or “on the edge”, please let them know that he or she could benefit from coming in to Healthfocus, and working through their problem in a supportive and safe, non-judgmental environment that will assist with strategies to overcome personal challenges using empirically supported frontline psychological therapies.

Our team of psychologists will see both children and adults with psychological conditions. Some of the issues that we assist children include:

- School related issues, including adjusting to high school or new locations
- Anxiety and depression
- Phobias
- Supporting children whose parents undergoing separation
- Self harm behavior
- Anti-social behavior
- Supporting parents and carers of children with mental health issues
- Supporting parents and carers of children with intellectual disability
- Sleep problems
- Toileting issues

We assist adults and older adults experiencing:

- Loss and grief
- Adjustment to life circumstances
- Depression and anxiety
- Phobias
- Drugs, Alcohol and other substance related issues
- Post Traumatic Stress
- Sexual Health
- Eating and body image issues
- Obsessive Compulsive Disorder

We also assist clients who have been injured and/or experienced psychological trauma going through workers compensation, motor vehicle accident or personal injury claims. We accept clients who are covered by Department of Veteran Affairs and Comcare programmes.

If you have any questions regarding referrals, please contact Healthfocus and we will answer any queries that you have.

Also in this newsletter, we have an interesting information piece by Ms Monique Armstrong-Burgin about “Resilience”. Please enjoy the read.

Happy Autumn!

Resilience in 2016

Monique Burgin-Armstrong

As a new school year begins, children may encounter a variety of difficulties and challenges in returning to school. At Healthfocus, we receive many enquiries from parents, teachers, and other professionals involved in the well-being and development of children.

Within the field of psychology, there has been a shift from a focus on the stressors and risk factors that cause difficulties and challenges, to the strengths that an individual brings to overcoming such situations (Richardson, 2002). Through the study of psychological **resilience**, we seek to understand why some individuals are able to withstand – or even thrive on – the pressure they experience in their lives. At its core, resilience refers to a person's ability to withstand or recover quickly ("bounce-back") from difficult situations. The emphasis in resilience is the ability to endure, persist, even to grow through difficulties and challenges.

Here at Healthfocus we assist children, as well as adults, to develop the resilience skills that enable them to better deal with daily hassles and major life events. Some of the resilience skills that we can teach and practice include:

- *Positive self-talk*: looking for the good things in ourselves and others (rather than focusing on challenges); talking about the good (rather than bad) things that have occurred; if a challenge does eventuate then expecting it will soon get better; knowing we can make our own luck by working hard and remaining positive.
- *Helpful thinking*: having a mind-set that if mistakes do occur then not focusing for long on self-blame; understanding that everyone makes mistakes and the importance lies in determining why the problem occurred and attempting to come up with a solution.
- *Dealing with 'uncomfortable' feelings* (such as feeling angry, sad or worried): understanding that everyone has these feelings from time to time; if feeling upset or angry with someone then considering ways to appropriately let them know and attempt to find a resolution.

It remains vital that, as active members of our community, we remember that our children are always observing and following our example. Children will copy and absorb our own displays of 'bouncing-back'. By being positive role models and using the above skills, we can demonstrate to our children the essential elements of being resilient.

Monique Armstrong-Burgin
Clinical Psychologist
Healthfocus

References:

Richardson, G. E. (2002). The metatheory of resilience and resiliency. *Journal of Clinical Psychology*, 58, 307–321.