



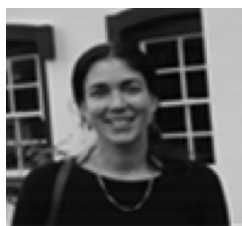
Healthfocus

Summer is now here!

It has been an interesting and busy year at Healthfocus.

We have a team of psychologists, including Dr Debbie Lien, Dr Zdenka Bartova, Ms Monique Armstrong-Burgin, and our principal, Yong Lee, who all aim to provide the best care for our clients to assist them with the challenges that they face in their lives, and helping them to achieve their life goals for better quality of life and day-to-day functioning.

Monique recently returned from her maternity leave, which has been awaited by many of our clients who have younger children. Monique specializes in working with young children, in addition to her work with teenagers and adults.



Monique

Contents

| | |
|---------------------|---|
| Summer update | 1 |
| New Referral Pads | 2 |
| Seasons Greetings | 2 |
| Hypnosis Conference | 2 |

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Referral Pads

A new set of referral pads has been prepared and will be sent to nearby and regularly referring centres during the next few weeks. We hope that the new referral pad will increase your convenience when referring clients to Healthfocus. Please replace the old referral pad with the new referral pad, which is easier to fill in. A GP Mental Health Care Plan is still required to accompany the referral if the patient seeks to claim Medicare rebates.

We want to thank you for the referrals over the years that give us an opportunity to serve the local community.

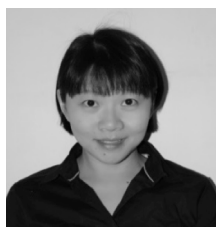
Seasons Greetings

The holiday season is approaching, and with it, the excitement of school holidays and special family and social activities.

Healthfocus would like to extend our best wishes for the holiday season to all our clients, suppliers, referrers and families.

Have an enjoyable and safe Xmas and New Year! We're looking forward to being in touch again in 2016.

Sincere holiday tidings from the Healthfocus Team



Yong Lee
Clinical Psychologist / Principal

Michel Yapko, a renowned Clinical Psychologist recently held workshops about his perspectives on clinical hypnosis.

Below is a summary about psychologists' experiences about the workshop:

Michel Yapko – Clinical Hypnosis

Michel's intensive workshop was attended by over 50 clinical psychologists experienced in clinical hypnosis as a strategy for assisting clients. He is internationally recognised for his work in clinical applications of hypnosis.

Many attendees agreed that it was possibly the best professional development programme ever attended! Many expressed a desire to complete the Masters programme when Michael returns in June 2016.

Michael teaches an Ericksonian style of hypnosis that is more conversational than the traditional styles of hypnosis, and focuses on the idea of being hypnotic rather than using hypnosis. By this, Michael means that all interactions with people be framed around their specific narratives, themes and patterns, and that positive suggestions about the presenting problem is made from the beginning. His approach is goal oriented and solution focused, and involves assessing a client's existing strategies to work through problems, determining what the gaps are, and helping people learn specific skills and strategies that will help them.

Healthfocus has received positive feedback from patients who have noticed the deeper and lasting impact that the Ericksonian approach to hypnosis that Michael teaches can have.