

# healthfocus

## clinical psychology services

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## Enjoy Spring...

Nature seems to come alive with beauty as the temperatures warm up during this time of year, giving opportunities for more outdoor activities during the spring school holidays.

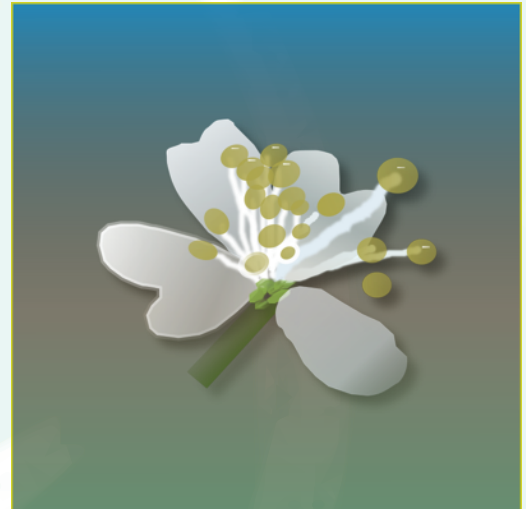
My family appreciated the great weather when we attended the Perth Royal Show this year, compared to recent years.

Since our previous edition, Winne, has completed her psychology internship with us. Congratulations! Winne will be continuing studies in 2019 but will be around from time to time to assist with administration.

Winne has kindly provided some reflections on her internship experience that we have included in this newsletter.

I have also added a short information piece on Healthy Relationships.

We are anticipating a busy few months ahead since many of the year's activities culminate just before the summer holiday season.



A reminder also that our waiting list for appointments at Riverton is shorter than for Armadale, so we continue to offer new and current Armadale clients the option to attend sessions at Riverton, with a reduced gap fee to offset additional travel costs. Yong, Zdenka, Monique and Yeow all have sessions at Riverton.

We look forward to being of service...

-- Yong and the Healthfocus team

## EAP Update

We are excited to have been offered more opportunities to provide psychological counselling services through Employee Assistance Programmes.

Healthfocus is a registered provider of psychological services under the St John Ambulance WA EAP.

Services are available to staff, volunteers and their family members of St John Ambulance WA.

More information is available at:

<http://beingwellsja.com.au>





## Welcome to Rosalind Chen

Rosalind Chen joined the administration team with Healthfocus in July 2018, replacing Suqi Vanderput who has left Healthfocus to take up a full time opportunity in marketing, her area of expertise and training.

Ros is an accountant by profession and speaks Mandarin Chinese.

While Rosalind will mainly be working at our Riverton practice, you may see her occasionally at Armadale filling in during scheduled or unexpected leave for our regulars.



## Reflections from Winne

This internship at HealthFocus was an amazing experience and I am most grateful to Dr Yong Lee for giving this opportunity to broaden my knowledge. Working at HealthFocus reminded me of my passion and determination to become a clinical psychologist. Since completing my undergraduate degree in Psychology, I am eagerly looking forward to the future.

These short 10 weeks have been eye opening for me. I learned many things including marketing, intake interviews, administration work, and communicating with patients, GPs, insurance companies and others.

I had the opportunity to observe psychological treatment sessions and build rapport with clients. I would like to express my gratitude to the clients I was able to observe during treatment sessions.

Through one-on-one supervision sessions with Dr Yong Lee, I was able to better understand many psychological challenges such as depression, anxiety and grief that clients face, and I learned strategies to overcome them. Thank you, Yong, for taking time out of your busy schedule to provide this learning experience.

Prior to starting the internship, I was nervous because I had no prior work experience. Thank you to Yaw Yung for being so approachable and helpful throughout this journey!

Special thanks to Jane, Rachel and Ushta for being so warm, welcoming and helpful throughout these weeks. I have not only seen the "behind the scenes" of a psychology clinic, but I have also learned life lessons. Thank you for making this experience so enjoyable.

Thank you to Dr Debbie Lien, Dr Zdenka Bartova and the rest of the psychologists for sharing their career journeys and experiences with me. You have provided me with insights into my future.

Working at Healthfocus has been one of the best experiences I've ever had!

-- Winne Lai, September 2018

## Healthy Relationships – Dr Yong Lee

*“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”*

- Carl Gustav Jung

Relationships are the foundation of human society, be they at work, in social activities, within families, or with friends and partners.

“Healthy” relationships provide an environment that supports and nurtures, encouraging each individual to be confident, to grow, and to face challenges in a positive way.

Having a healthy relationship with a partner builds self-esteem and improves individual well-being, but there are also wider impacts. For example, in a family in which parents have a healthy relationship, children are more likely to be confident and mentally and physically healthy.

*So what constitutes a healthy relationship?* Though often regarded as common sense, most of us would only be able to name a few of the characteristics of a healthy relationship!



Generally, *someone in a healthy relationship will feel:*

- Safe
- Trusted
- Comfortable
- Valued and respected
- Listened to
- Understood
- Accepted
- Belonging (e.g. as an equal)
- Supported and cared for
- Able to be open and honest

This does not mean that individuals in a healthy relationship will agree all of the time. In fact, it is how disagreements are handled that shows the health of a relationship!

In healthy relationships, each individual should feel comfortable in sharing their thoughts and feelings, including if he or she is unhappy, without the fear of being blamed or feeling guilty about it.

Each individual should feel that he or she is being listened to without feeling belittled, dismissed or blamed, even if there is a difference in opinion.

Mistakes should be admitted, acknowledged and accepted by all individuals.

Here are some **early warning signs** of an unhealthy relationship:

- Name calling, shaming, blaming
- Feeling isolated
- Always watching or being watched
- Lack of privacy/space
- Fear of disagreeing
- Harmful acts (physical, emotional)



Think about these ***tips for building healthy relationships:***

- Make time to talk to each other, without interruptions
- See things from others' perspective
- Make your thoughts and feelings known in an open, honest, and respectful way (don't expect others to guess/know)
- Listen, and let others know you are listening and understanding
- Let others finish what they are trying to say- take turns
- Admitting mistakes and saying sorry
- Show appreciation
- Develop shared goals and interests
- Look to the future
- Start with one's own self care, emotional regulation and well being
- Develop good communications skills
- Have realistic expectations
- Be willing to compromise

### References:

<https://www.healthdirect.gov.au/building-healthy-relationships>  
<https://womhealth.org.au/news-and-events/health-journey-2016-issue-1>  
<https://www.healthyrelationships.org.au/>  
<https://www.psychologytoday.com/au/blog/emotional-fitness/201107/10-truths-keep-your-relationship-healthy>  
<https://www.psychologytoday.com/au/blog/compassion-matters/201010/how-your-relationship-impacts-your-kids>  
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**We're on the Web!**

[www.healthfocuspsychology.com.au](http://www.healthfocuspsychology.com.au)

**About us**

Healthfocus Clinical Psychology Services has been serving residents in Armadale, Kelmscott, Roleystone, Byford, Bedfordale and surrounding areas since 2004, and today continues to operate as a privately owned, independent practice located in Pioneer Village, close to Armadale City Centre which is the hub of a vibrant and growing region including Seville Grove, Haynes, Forrestdale and Champion Lakes.

In 2017, we expanded and opened a Riverton practice next to Stockland Shopping Centre serving Riverton, Willetton, Parkwood, Shelley, Lynwood and neighbouring areas.

Healthfocus initially focussed on assisting clients with stress claims and worker's compensation injuries. This included helping people to cope with conflict at work, adjusting to new work situations or overcoming trauma following incidents in the workplace, and assisting people with injuries to better manage chronic pain and adjust to permanent injuries or illnesses.

Over time, our services expanded to include the psychology of "coping" and helping clients to cope more effectively, especially with depression, anxiety and trauma-related conditions.

We welcome referrals from General Practitioners in local areas and many clients can benefit from Medicare rebates under the "Better Access" scheme through a GP Mental Health Care Plan, however, private patients who pay full fees do not require a referral to attend psychological counselling with Healthfocus.

Our highly qualified psychologists, who have all completed Masters or Doctoral level postgraduate degrees (min 8 years of training), are well placed to provide services under Workers' Compensation, Motor Vehicle Accidents and other RiskCover/WorkCover and insurer/government compensation schemes.

Healthfocus also provides relationship counselling, psychological treatment under Employee Assistance Programmes, and specialised services relevant to Criminal Injury Compensation and Department of Communities Child Protection and Family Support, including treatment and independent review.

We offer multilingual services including Mandarin Chinese and Czech.