



healthfocus
clinical psychology services

NEWSLETTER - AUTUMN 2020

Hello everyone,

We hope that you are keeping safe in these uncertain times.

There have indeed been so many significant changes in the last 2 months. In the previous newsletter we mentioned the bushfire impacts through the summer, but we did not expect COVID-19 to escalate internationally so quickly and so seriously.

Australia and WA in particular have done remarkably well in containing and controlling the health aspects of the COVID-19 pandemic through great efforts by the government and the community in embracing measures in social distancing and business operating restrictions.

But this success has come at huge cost in terms of social isolation, loss of income and economic output, and high levels of uncertainty, which have caused mental health impacts in the community, including increased stress, anxiety and depression.

Throughout the last 10 weeks, Healthfocus has adapted to the situation as it has progressed so that we have been able to continue to provide psychological support to our clients and community in the context of COVID-19 restrictions and the rapidly changing situation.

We very early on adopted increased infection control protocols at our 2 locations and are confident that we provide a safe environment for our usual face-to-face psychological consultations. Our website and Facebook page have details of our new procedures.

In addition, the Federal Government has progressively made videoconferencing and telephone consultations more accessible for psychology therapy and Healthfocus has been ready at every step to conduct psychological therapy via videoconferencing and by telephone so that clients could continue to receive psychological support when self-isolating, in quarantine, or simply preferring to engage from the safety of their home.

Yong's doctoral research was in fact about the ability for videoconferencing to be used as a delivery mechanism for treatment of anxiety conditions and so she has been able to establish Healthfocus's telehealth treatment protocols very quickly.

We are ready to receive referrals from GPs, specialists, EAP providers, and NDIS coordinators. Our 2 locations continue to conduct face-to-face consultations and we have a strong telehealth capability.

Our Clinical Psychologists are able to provide services under Workers Compensation, Motor Vehicle Accident, and medicolegal assessments.

Any of our new or existing clients experiencing financial hardship are eligible for reduced-gap or bulk-billing options as part of our undertaking to support our local communities.

Our friendly front-desk team are ready to take your calls for appointments or enquiries.

Stay safe, and be healthy –

we are all in this together...

-- from Yong and the Healthfocus team

Our Psychologists:

Dr Yong Lee, Clinical Psychologist

B.Sc (Hons), M.Psych (Organisational),
M.Psych (Clinical), D.Psych (Clinical), MAPS,
AHPRA Approved Supervisor

Dr Debbie Lien, Clinical Psychologist

B.A, B.Psych, D.Psych (Clinical), MAPS

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See our website for
individual profiles:



www.healthfocuspsychology.com.au/our-psychologists

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