

Innovative psychology services that exceed your expectations

About Real Success

Most people who come to Real Success want to feel happier and make their lives more the way that they have dreamed. Some will also want to look at issues that have been creating problems in their lives. These issues may concern their relationships with others, their self esteem, feeling depressed, anxious or stressed, or dealing with traumas they have experienced.

Real Success will encourage clients to reflect on themselves, their emotions, and their experiences.

As people become more accepting of themselves, develop new skills and gain an understanding of their experiences, they are more capable of finding their own answers and solving their own problems in the future.

Counselling

Counselling is an intensive process of working through the issues that you want to address. These issues might include things like: dealing with depression, stress or anxiety, addressing relationship difficulties and working through trauma.

Attending counselling will probably mean that you come to a regular appointment, maybe once a week or fortnight, for a period of time. The number of appointments is up to you.

Counselling generally requires one-hour face-to-face appointments, however, in some cases, shorter appointments and phone consultations will be possible.



Accessing the Service

Real Success services are available with or without a GP referral.

Without a GP Referral:

If you would like to receive counselling without a GP referral, telephone Real Success on 1300 650 573 and arrange an appointment. These services will qualify for private health insurance rebates where applicable. Fee information is provided on the back of this brochure.

With a GP Referral:

If you would like to receive counselling with a GP referral, you will need to attend your GP and discuss your requirements with them. The GP will complete a Mental Health Treatment Plan and a referral and either fax them through to Real Success on 1300 918 576 or give them to you to bring to the first session. You can then telephone Real Success on 1300 650 573 to arrange an appointment.

PHONE: 1300 650 573

FAX: 1300 918 576

Cancellation Policy

24 hours notice of appointment cancellations is required to avoid a \$20 cancellation fee (excluding exceptional circumstances).

Fees

Most services will be bulk billed to Medicare or WorkCover or another funder. Where this is not possible, the following fees apply:

Counselling 25 min session	\$50.00
Counselling 50 min session	\$100.00

Director

Leanne Marie Donoghue-Tamplin is a registered Psychologist as well as a full member of the Australian Psychological Society.

Phone: 1300 650 573

Fax: 1300 918 576

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Practice Location:

Lake Spa Wellness Centre

1 Callaghan Close

Charmhaven 2263

Real Success provides services under Medicare (Better Access), WorkCover NSW, and Private Health Insurance.



Live the Life of *your* Dreams