

# HELP ME CHOOSE

## PSYCHOLOGY VS COUNSELLING



***Psychologists and Counsellors/Psychotherapists are both licensed professionals who offer clients mental health support. These healthcare professions are often confused with each other as they overlap in terms of the help they can provide.***

### PSYCHOLOGY

Psychologists are involved with all matters of mind, which comprises of everyday thought processes and behaviours. Psychologists assist people to develop their life skills in order to function better and are trained to treat people with a mental illness. They frequently work with people who are experiencing anxiety, depression, trauma and mood and personality disorders.

Psychologists are registered and practice under the Australian Health Practitioner Regulation Agency (AHPRA). They are also registered Medicare providers and as a result, their clients may be eligible for Medicare rebates if they are referred by a GP through a Mental Health Care Plan for psychological treatment.

### COUNSELLING/PSYCHOTHERAPY

Counsellors are trained and equipped to help clients who present with a range of life issues, which include grief and loss, relationship difficulties, life and work transition, burnout, depression and anxiety. Medicare rebates are not available for sessions with counsellors, as they are regulated by Counsellor Associations, and not by AHPRA.

### GP PSYCHOTHERAPY

GP Psychotherapists hold a medical degree and have undergone further extensive training in mental health. GP Psychotherapists are registered and practice under the Medical Board of Australia (AHPRA).

### DR JOHN POCOCK

Dr. John Pocock has completed extensive training in counselling and pastoral care through completion of his Masters and PhD degrees. In addition, his study and training in Acceptance & Commitment Therapy (ACT) and Cognitive Behaviour Therapy (CBT) has broadened his work to include other areas of mental health.

Dr. John Pocock is a registered member of the Christian Counsellors Association of Australia (CCAA), a Constituent Member Association of the Psychotherapy and Counselling Federation of Australia (PACFA). Some Private Health Funds, including Medibank, AHM and BUPA may offer rebates for members whose extras products include Psychology and Counselling.





## DO I NEED A REFERRAL?

A doctor's referral is not required to access Counselling services. While there are benefits of referral through a GP Mental Health Care Plan for psychological treatment, there are some drawbacks, which could potentially affect you later in life that you need to consider:

### Pros

- Medicare will pay a rebate for psychological treatment with a clinical / generally registered psychologist, leaving you with a smaller out of pocket cost.
- You will be eligible for a total of 10 subsidised sessions in one calendar year.
- Additional COVID-19 items have been added as part of the Government's temporary mental health support during the pandemic, which entitles access to a further 10 sessions (i.e., 20 in total in a calendar year).

### Cons

Information stays on your medical file, which could affect

- Life insurance coverage – you may be deemed as a risk and pay a higher premium
- A position within a field that requires a mental evaluation such as the police force or ambulance service
- Future employment opportunities or promotions

### FEES

Please refer to our Fees page for more information

