

Medicare Update

Thank you for your patience and cooperation as our staff work to comply with Medicare requirements to clarify session numbers on referrals. Don't forget that we have an information video available explaining the requirements for sessions numbers, and discussing the COVID 19 additional sessions under Better Access on our website.

Supporting GPs

We are available to attend your GP practice meeting to present on a topic of your choice and answer any questions that you may have regarding our services. Contact us on (02) 4946 0919 if you would like us to give a presentation to you and your staff.



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EAP & Organisational Psychology

Did you know that The Hummingbird Centre offers Employee Assistance Program (EAP) services and Organisational Psychology support to practices, businesses, and organisations? At the Hummingbird Centre we are committed to workplace wellbeing and promoting a positive work culture. We understand that having healthier, happier employees translates to a healthier, happier and more productive organisation.

Benefits of EAP and organisational psychology support:

- Improved workplace culture & wellbeing
- Improved team and manager morale, job satisfaction and engagement
- Higher levels of productivity and efficiency
- Greater satisfaction of customers/clients/patients
- Decreased absenteeism, sick leave, and staff turnover
- Decreased the risk of burnout and costs to the organisation
- Decreased risk and liability

Our EAP services provide confidential counselling and support for work or personal issues, including preventative and proactive interventions to reduce any negative impacts on an employee's wellbeing and work performance. Face-to-face, video, or phone sessions are available. We are also able to provide group training and education on:

- workplace wellbeing
- mental health
- improving work culture
- managing stress
- managing conflict
- time-management & efficiency
- top habits of highly effective people

Our EAP coordinators can develop a tailored plan for EAP services that best suit the needs of your business based on your organisational culture, priorities, and EAP requirements. We can provide promotional material like staff information flyers, posters, and wellness tips. <http://www.hummingbirdcentre.com.au/eap-and-organisational-psychology/>

International Summit on Psychedelic Therapies for Mental Illness

Don't forget Mind Medicine Australia's International Summit on Psychedelic Therapies for Mental Illness, 19-20 November 2021 at the Sofitel Melbourne On Collins, and the 2 day pre-Summit introductory workshop, 17-18 November. As a partner for this event, we are delighted to extend an invitation to you and your colleagues and networks, and to provide a 10% discount on ticket bookings which can be redeemed using the password MMA2021. Come and join us to explore the way forward for Australia. More information can be found on our website at <http://www.hummingbirdcentre.com.au/event/psychedelic-therapies>

Understanding Transcranial Magnetic Stimulation



FREE
webinar *with*
Dr Ted Cassidy



Free Webinar: Understanding TMS

This 90 minute webinar will provide an overview of what Transcranial Magnetic Stimulation (TMS) is and who can benefit. We will explore the evidence for TMS, Australian clinical experience, and the practicalities for prescribing.

TMS is a painless and effective treatment for depression and has been used to treat thousands of patients worldwide. It has also been used to treat conditions such as anxiety, obsessive compulsive disorder (OCD), chronic pain and post-traumatic stress disorder (PTSD). TMS is more effective than antidepressants in relieving depression for patients who have tried 2 antidepressants, with a 58% response rate.

Psychiatrist: Dr Ted Cassidy

Dr Cassidy has a special interest in innovative, drug-free treatments for patients who are refractory to pharmacotherapy. Dr Cassidy has been TMS credentialed through the Monash Alfred Psychiatry Research Centre TMS training program. Since 2014, he has worked extensively to establish outpatient clinics to expand patient access to convenient and effective TMS treatment throughout Australia.

Dr Cassidy previously founded The Hills Clinic group and hospital, the first purpose-built private mental health hospital in Australia and served as the Medical Director from 2004 to 2017.

<https://hummingbirdcentre.com.au/events/understanding-tms>



What is Neurofeedback?

Neurofeedback, also known as EEG feedback, is a research-based treatment that has been used for a number of decades for a range of conditions which appear to be associated with irregular brain activity. These conditions can include (but are not limited to) ADHD, depression, anxiety, behavioural difficulties, stroke, and trauma spectrum disorders. Neurofeedback emerged in response to neuroscience research and the health needs of people seeking non-invasive interventions and/or for those whom psychostimulants are not effective. This intervention has also shown promise with sleep problems, enuresis, mood disorders, pain, and executive dysfunction associated with traumatic brain injury and seizure disorders.

Neurofeedback training should only take place under the supervision of a properly trained professional. A professional assessment of symptoms and history is undertaken in order to enable the neurofeedback practitioner to identify the appropriate neurofeedback training for the individual.

Frequencies at which our brains fire underlie every thought, feeling and behaviour, and brain dysregulation underlies emotional, cognitive, and behavioural disorders. The brain is remarkably adaptable or 'plastic' and capable of learning, and it can learn to improve its own performance when given cues (feedback) about what to change. Neurofeedback is a learning technology that enables a person to alter brain waves. When information about a person's own brain wave characteristics is made available to them, they can learn to change them. When the brain is doing a good job of regulating itself, the person will feel calm, alert and attentive. Each session challenges the trainee to maintain this "high performance" state. Gradually, the brain learns, just like it learns everything else, and with sufficient training it typically retains the regulation it has gained.

More info: www.hummingbirdcentre.com.au/neurofeedback

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