

Video: Referral Requirements and COVID-19 Additional Sessoins

Our video remains available on our website to help clarify recent requirements for referrals under Better Access to Mental Health Care. It can be found on the Media & News page.

We are also available to attend GP practice meetings to present on a topic of your choice and answer any questions that you may have regarding our services. We look forward to providing any support or information that would be helpful for you and your practice. Please contact us on (02) 4946 0919 if you would like us to give a presentation to you and your staff.



PTSD Awareness Day 27th June

Phoenix Australia has nominated Sunday the 27th of June this year as PTSD (Post Traumatic Stress Disorder) Awareness Day, aimed at raising awareness about the impact of trauma, what PTSD is, and encouraging people with symptoms to obtain support and treatment.

As Phoenix Australia notes on their website, PTSD is one of the more prevalent mental health problems, with 5-10% of Australians experiencing PTSD at some point in their lives. The good news is that there are a range of effective treatments for PTSD, including EMDR, Trauma Focused CBT, Neurofeedback, Schema Therapy, and medication.

Furthermore, there is promising research and clinical trials for medicine-assisted therapies in the treatment of PTSD, which have already been granted Breakthrough Therapy status by the FDA in the USA.

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If you want to know more, the International Summit on Psychedelic Therapies for Mental Illness is taking place in November, and more information can be found here: <https://www.hummingbirdcentre.com.au/events/psychedelic-therapies> and here

<https://summit.mindmedicineaustralia.org> Don't forget that we offer a 10% discount on ticket bookings – details on our website on the link above.

We have a number of information resources available on our website for you and your patients relating to PTSD and its treatment, including:

- What is PTSD?
- What is EMDR?
- What is Neurofeedback?

Phoenix Australia has some great resources on their website about PTSD, which can be found at: <https://www.phoenixaustralia.org/australian-guidelines-for-ptsd>



What is PTSD?

Post traumatic stress disorder (PTSD) can occur through personally experiencing or witnessing traumatic events, learning about such events happening to someone close to you, or repeated or extreme exposure to distressing details of traumatic events. These events can include exposure to experiences such things as death or threats of death, serious injury, violence, abuse, or distressing details of traumatic events.

Psychological Treatments for PTSD

There are a number of effective therapies available to treat PTSD, including Eye Movement Desensitisation and Reprocessing (EMDR), Trauma Focused Cognitive Behaviour Therapy (TF-CBT), Cognitive Processing Therapy (CPT), and Neurofeedback.

Group Programs for Anxiety

Cool Kids is commencing Monday 12th July in Term 3. The Cool Kids program is a 10 session Cognitive Behaviour based therapy group which specifically targets children aged 8 years to 12 years who meet criteria for an Anxiety Disorder or who have high levels of anxious symptoms. Parents and children attend these groups weekly.

Children can receive Medicare rebates from their Mental Health Care Plan (item 80120), which does not take way from their individual 20 counselling rebates.

Cool Kids
Term 3 - 2021
Group Therapy
for
Anxious Kids
8 - 12 years

COOLKIDS
ACCREDITED

TRANSFORMING ANXIETY YOGA

8 week program with
Psychologist Allira Sazdanoff
for girls 15 - 17 years and
18 - 21 years.



STRESS BREATHING
FRIENDSHIPS ADVICE
PARENTS ACCEPTANCE
TRUST EXAMS BULLYING
YOGA STRENGTH SCHOOL

COMMENCING JULY 2021

Starting Mondays 19th July

8 group sessions + 1 individual pre-interview : \$375
Medicare rebate available (contact your GP)

Venue: Yoga Loft on King St, Newcastle
Bookings essential via The Hummingbird Centre.

02 4946 0919

www.hummingbirdcentre.com.au



This 8 week program developed by Psychologist Allira Sazdanoff will incorporate a range of modalities from CBT to interpersonal therapy, psycho-education, and yoga-based concepts. These include mindfulness, physical postures, and breathing techniques, the mind and body connection to help alleviate anxiety and promote self-regulation. Within this supportive environment you will be able to explore personal difficulties and have a little fun at the same time!

TOPICS

- Introduction to Anxiety
- Developing Emotional Intelligence
- Rest & Nourishment
- Managing Common Stressors
- Self-Compassionate Pause
- Quiet Down the Imaginary Audience
- Building Connections with Others
- Calming a Wandering or Overactive Brain

The Hummingbird Centre
ABN 74 631 112 386

t) 02 4946 0919
f) 02 4942 6041

www.hummingbirdcentre.com.au