

Medicare Update

The Federal Government has temporarily increased the number of Psychology and Social Work (with an Accredited Mental Health Social Worker) sessions that can be rebated under the Better Access to Mental Health scheme, to a maximum of 20 sessions per calendar year for people who are experiencing severe or enduring mental health impacts from the COVID-19 pandemic. Previously the maximum was 10 per calendar year, and an additional 10 are now allowed if deemed appropriate by the referring GP.



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Perinatal Anxiety & Depression Awareness Week

8th – 14th November 2020

Perinatal Anxiety and Depression Awareness Week was established by PANDA in 2005, raising awareness about perinatal anxiety and depression, including what to look for and where to seek support.

PANDA (Perinatal Anxiety & Depression Australia) also have a national perinatal mental health helpline 1300 726 306 that operates from Monday to Friday, 9:00am to 7:30pm (AEST/AEDT) and provides counselling, support, information and referral. More information about PANDA can be found at www.panda.org.au

At The Hummingbird Centre our perinatal team of psychologists and accredited mental health social workers provide both individual and group support to assist parents throughout the perinatal period. We can assist with things like:

- Perinatal mental health
- Childbirth preparation
- Birth trauma
- Infant bonding & attachment
- Parenting
- Enhancing child development
- Sleep-related anxiety
- Perinatal loss
- Couples conflict

Further information about the services that our perinatal team provide, along with some parenting resources, can be found at <http://hummingbirdcentre.com.au/psychology-services-warriors-bay-broadmeadow/perinatal-clinic>



Upcoming Events & Trainings

Webinar: Relationships, Behaviour, and an Integrated Brain

12th of November we have an excellent online training opportunity with Tina Payne-Bryson presenting on Relationships, Behaviour, and an Integrated Brain. Dr Payne-Bryson is the New York Times bestselling author of *The Whole-Brain Child* (co-author) and *No-Drama Discipline*. Further information regarding this training can be found at <http://www.hummingbirdcentre.com.au/events/integrated-brain/>

Cyber Safety

We recently had Jordan Foster, Clinical Psychologist and founder of ySafe, present an impressive and informative webinar on tech and gaming addiction. Jordan is recognised as one of Australia's foremost cyber safety experts, and won the 2020 Telstra Women in Business Emerging Leader Award and the 2018 WA Young Achiever Award. She has excellent resources and information on cyber safety for parents, professionals, organisations, and schools on her website at www.ysafe.com.au

Help for Parents

The end of the year is rapidly approaching and we already have some exciting training coming up for clients in 2021 including Cool Kids, Circle of Security Parenting, Building New Pathways for Parents and Carers, and Mums and Bubs Get Well for Wellbeing.

Building New Pathways

Plans are progressing for Psychologist Phil Bird's training on Building New Pathways for Professionals – Practical Strategies to Support Children who have experienced Developmental Trauma. If you missed the June webinars by Phil on Trauma Informed Care for the Developing Brain, a series of 3 x 2 hour training webinars for clinicians and professionals, you can purchase and view the webinars here: <http://www.hummingbirdcentre.com.au/events/mental-health-professionals-training-courses/building-new-pathways-for-professionals>

Advanced Topics in Developmental Trauma

Kathy Steele, a world leader in the treatment of trauma and dissociation, has presented a series of webinars for mental health professionals on Advanced Topics in Developmental Trauma, which include Attachment and Dependency in the Therapeutic Relationship, Working with Chronic Shame, and Working with the Inner Critic. If you missed them, the recordings of these webinars can be purchased at <http://www.hummingbirdcentre.com.au/events/kathy-steele-2020-webinars>

The Hummingbird Centre
ABN 74 631 112 386

t) 02 4946 0919
f) 02 4942 6041

www.hummingbirdcentre.com.au