

Referral Changes

Changes to referral letter requirements under Better Access / Medicare Benefits Schedule:

The Department of Health has recently advised that all referrals under Medicare must now specify the number of sessions in a course of treatment for the referral to be valid. In addition to this, the additional 10 COVID-19 sessions resulted in further requirements for referring General Practitioners, Psychiatrists, and Paediatricians.

We are available to attend one of your GP practice meetings to talk through the changes and can also present on a topic of your choice.

Please contact us on (02) 4946 0919 if you would like us to give a presentation to you and your staff.



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Transforming Teen Anxiety

Psychologist Allira Sazdanoff is running this 8 week group therapy program for teenage girls aged 13-18 years with anxiety. The course commences in Term 2, on Monday the 26th of April. The course incorporates a range of modalities from Cognitive Behavioural Therapy (CBT) to Interpersonal Psychotherapy, and include psycho-education and yoga-based concepts. The yoga-based components of this group will include mindfulness, physical postures, and breathing techniques, bringing in to focus the mind and body connection in helping to alleviate anxiety and promote self-regulation.

Within this supportive environment teenagers will be able to explore personal difficulties and have a little fun at the same time!

TRANSFORMING TEEN ANXIETY

8 week program with
Psychologist Allira Sazdanoff
for 13-18 year old girls.



COMMENCING APRIL 2021

Starting Monday April 26th
3:30pm - 4:30pm for 13 - 15 years
4:30pm - 5:30pm for 16 - 18 years
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



TOPICS

- Introduction to Teenage 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

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 your teenager will be able to explore personal difficulties and have a little fun at the same time!



<https://hummingbirdcentre.com.au/events/transforming-teen-anxiety>



Prioritise Self-Care

After a big year in 2020, self-care for health professionals is more important than ever. Here are 3 quick tips for your self-care:

- Identify 3 important elements of your self-care (e.g. exercise, taking regular holidays, spending time with family and friends, meditation, tech-free time, etc).
- Schedule it in and stick to it (have an accountability partner if that helps).
- Review your progress at regular intervals: Problem solve and amend if required.

World Sleep Day 2021

Friday the 19th of March 2021 is World Sleep Day. This annual event is aimed at raising awareness of sleep disorders and their impacts on the community and individuals. It brings to light the importance of addressing issues related to sleep difficulties. The focus of World Sleep Day this year is “Regular Sleep, Healthy Future”. As health professionals we know how important the prevention and management of sleep difficulties is to physical and mental health, and just how problematic it is for many people to obtain.



WORLD SLEEP DAY

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