



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

Counselling and Behavioural Therapy

What is Counselling and Cognitive Behavioural Therapy (CBT)?

Counselling provides professional assistance in order to address personal issues. Counselling enables patient's to learn how to evaluate options and make the right decisions.

Cognitive Behavioural Therapy is a particular kind of counselling. It works from a cognitive basis to a behaviour or feeling. Progress is achieved through cognitive strategies and working through behaviour patterns. Cognitive therapy teaches the patient how certain thinking patterns may produce their symptoms; their thoughts produce a distorted picture of what's going on in their lives. Behavioural therapy helps the patient to develop more positive coping skills for situations that would otherwise be challenging. It teaches the patient to calm their mind and body, so they can feel better, think more clearly and make better decisions.

Is CBT/counselling effective for my situation?

Evidence from research and testimonies reinforces that general counselling and Cognitive Behavioural Therapy (CBT) are effective in treating a range of difficulties. These include relationship problems, self-esteem concerns, stress, anxiety, depression and phobias in addition to conduct or behavioural problems in the work, home or social environment.

How is counselling and Cognitive Behavioural Therapy carried out?

At the BrainWave Centre, we provide individual, couple and family counselling. Counselling and CBT is generally held in sessions over a set period of time, however, occasionally one consultation may be sufficient. Sessions are conducted by a qualified, accredited psychologists.

How long does each session take?

The duration of each session can be either thirty minutes or one hour and is dependant on patient requirements.

How much do they cost?

Patients may qualify for a Mental Health Care Plan for part of this service. Mental Health Care Plans are generally initiated and drawn up by the referring doctor. Both specialists and GP's can refer patients under this plan, which may attract Medicare rebates for some psychology services. You may wish to talk to your doctor or to our staff at the BrainWave Centre about these Plans.

What happens when the program is over?

The psychologist can assess progress and can identify any need for further sessions of therapy or counselling.