



Dr Carl Dreher Clinical Psychologist

Practice Information for Clients during the COVID-19 Pandemic

Welcome and Inspiration

Fulfilling growth requires practice over time. I enjoy supporting you on your journey. Whether we're doing therapy, counselling, coaching, peer consultation, or supervision, you get out of this endeavour what you put into it. So I invite you to connect with what inspires you to live the life you find fulfilling.

To achieve your goals, you will need to take an active role and be doing most of the work. Please be prepared to engage in daily practices and commit to regular sessions. I encourage you to choose a time when you can attend regularly. If not, we can discuss pausing until you can.

It's important to work with someone who is a good enough fit for you. We can often determine this in the first 3-4 sessions. If there is not a good enough fit, I can suggest other psychologists to consider.

Areas I Do Not Work With

It is important to find a service that is a good enough fit for your needs. My practice is likely not a good fit for people who present with the following conditions: psychosis, schizophrenia, bipolar affective disorder, personality disorders, drug and alcohol use disorders, family domestic violence, intellectual disability, and suicidal or self-harming behaviours. If any of these apply, please let me know so we can discuss what may be a good fit for your needs. You can also see the resources tab of my website to find other services, including discussing with your GP.

In-person and Telehealth Consultations

Parents: Please stay with or nearby your child or adolescent who is being seen. Thank you.
Days: Wednesdays, Thursdays, Fridays, and Saturdays. Public holidays considered by request.
Hours: 12:30-4:30pm weekdays. 10:45am-5pm Saturdays.
Out of Hours: Weekdays 4:30-6:45pm, Saturdays, and public holidays.

Mount Hawthorn

Location: On Anzac, 58 Anzac Rd, Mount Hawthorn WA 6016.
Entry and free parking are at the rear of the building. Directions are pictured [here](#).
When driving, please use Oxford St via the laneway next to Aubrey Rose Bridal.

Telehealth

Location: <https://doxy.me/DrCarlDreher> from your computer, tablet, or smartphone.
Required: A private place without interruption and with good internet and phone reception.
See the Telehealth Requirements section below for instructions and guidelines.
Punctuality: To test the connection, please arrive five minutes before your session.

Session Fees

I am informed by the Australian Psychological Society (APS) recommended fees, reviewed as required.

Fees:

- \$267 for 46-60 minutes. \$328 for 61-75 minutes. \$387 for 76-90 minutes.

Out-of-Hours:

- An out-of-hours fee of \$35 applies on Saturdays, public holidays, and from 4:30pm weekdays.

Appointment Duration:

- Appointments are 60 minutes (5-10 min admin; 50 min consult), with longer durations per the above fees. I know concerns and interests can have momentum. However, continuing past the booked duration disadvantages others. Therefore, if you continue past the booked duration once I have called time, a higher fee may be charged (e.g., \$328 for 61-75 min).

Administration:

- I attend to administration (referrals, forms, payment, rebates, & bookings) briefly at the start.
- To reduce admin time, please review your bookings on Halaxy's portal before the appointment, and please ensure your card has sufficient funds. All fees are due during the appointment.
- Please send your referral and complete your online consent forms at least one week before your appointment. We cannot start without these. Without a valid referral no rebate will apply.

Payment:

- I use Halaxy online secure payments (Braintree by PayPal) to provide contactless payment.
- Please include your credit/debit card details in the online forms, or [here](#) for PDF forms.
- Halaxy's online secure payments use Braintree by PayPal. Their T&Cs are [here](#) (see "Part A - Patient payment terms"). Your credit/debit card details are required for payment and further bookings. Medicare requires your bank details to deposit your rebates.

Session Rebates

Private Health

Many private health insurers have extended their existing psychology coverage to include telehealth during the pandemic, as described [here](#). Please check your coverage with your provider. To claim, you can take your paid invoice directly to your insurer. Private health rebates and Medicare rebates cannot be claimed for the same appointment.

Medicare

A valid referral under a Mental Health Treatment/Care Plan or an Eating Disorder Plan gives you a Medicare rebate of \$129.55 for Clinical Psychology sessions of 50+ minutes, including telehealth. Halaxy online claiming is available for your convenience in processing Medicare rebates by completing the online authority form. For co-payment Medicare items, you need to pay the full fee before you receive your rebate. Please see a summary for GPs on Medicare's referral requirements [here](#).

COVID Safe Plan & Psychological Services in the New Normal

We all have people in our networks whose health is at greater risk due to COVID-19. In living with COVID-19 in community transmission in WA, we each have a responsibility to make the right decisions for our own health/wellbeing, while considering the health/wellbeing of our loved ones and the community, especially those who are at greater risk due to COVID-19 (e.g., those who are unvaccinated, over 70, currently/recently pregnant, immunocompromised, smoking, or have certain health conditions or other risk factors, please consult your GP and also see [here](#)).

I want you to have the option of in-person appointments as much as possible. So my COVID Safe Plan aims to reduce COVID-19 exposure risk in the practice, which can otherwise stop in-person sessions. My COVID Safe Plan considers your health risks regarding COVID-19, behavioural approaches, and telehealth (video/phone). These apply to anyone attending the building with you, including family and support people. As an ethical responsibility, I support people to make effective decisions for their health and wellbeing. If for any reason you do not wish to wear a mask in person, are unvaccinated, or have a known circumstance that places your health (or someone you have close contact with) at greater risk from COVID-19, then we can discuss what options might be safe and appropriate (e.g., telehealth, or if telehealth is not suitable for your circumstances, other services & consulting your GP).

Your health risks regarding COVID-19.

Medical and health authorities advise us that certain factors relate to increased risk of developing COVID-19 and/or worse health outcomes related to COVID-19. To inform our discussion of what medium might best suit your needs (e.g., telehealth rather than in person), please advise me of:

- whether or not you have received a COVID-19 vaccine (including brands and dates administered; please provide updates as you receive new doses; vaccination certificates are required prior to attending in person, and will be stored securely in your client file), and
- if you have a known circumstance that places your health (or that of someone you have close contact with) at greater risk from COVID-19 (e.g., being unvaccinated, over 70, currently/recently pregnant, immunocompromised, smoking, or have certain health conditions or other risk factors, please consult your GP and also see [here](#)).
- All psychologists in WA seeing people in person are required to have up-to-date COVID-19 vaccination. I maintain current COVID vaccination status.

Behavioural approaches.

Behavioural approaches used include wearing masks, ventilation, physical distancing, contact hygiene, cleaning/disinfecting, and contact tracing.

Ventilation: a HEPA air filter runs continuously; where possible, external air will flow from open doors and windows; please leave the toilet window open, fan on, door closed, and allow a few minutes between uses for ventilation to minimise possible risk of COVID-19 transmission from toilet plumes.

Masks: from 5 Feb 22 (or earlier if community transmission elevates), please wear a fresh, dry, well-fitted mask at all times when in the building; fresh disposable surgical masks are available if needed, though please wear a mask before entering the building (re effective mask use, see [1](#) & [2](#)). Masks are required due to the high transmissibility of both the delta and omicron COVID-19 variants. In keeping with personal responsibility this applies even when public health orders do not mandate masks.

Physical distancing (see [here](#)): please remain 1.5m apart, including no physical contact; please enter the waiting room through the back door at your appointment time, not before; please do not bring family into the waiting room who will not be attending the appointment (e.g., siblings).

Contact hygiene: please bring your own bottled water if you wish to drink; please use the alcohol-based hand disinfectant dispensers provided as necessary; please use digital documents where possible; you can send files to me using the secure file sharing instructions available [here](#).

Cleaning/disinfecting: where possible I am disinfecting or cleaning surfaces between appointments.

Contact tracing: please use the mandatory contact register with your QR code app, or ask me to sign you in on a paper sign-in sheet that I keep stored securely in my office.

Telehealth.

My practice offers in person appointments where possible, and telehealth (video or phone) appointments when required for health and safety during periods of high community transmission of COVID-19, or COVID-19 events relating to staff or clients and people they live with or have had close contact with. Please book appointment times that can work if a telehealth conversion is needed.

With COVID-19 in community transmission, it is likely that at times you or I will be physically well but unable to attend in person because you, I, or someone we have had close contact with have a COVID-19 event, which is when you, I, or someone we have had close contact with:

- is required to lockdown, quarantine, or isolate (including awaiting a COVID test result);
- have been in contact with a COVID-positive case in the 14 days prior to your appointment;
- have cold/flu/COVID-19 symptoms, even mild, in the 14 days prior to your appointment;
- another circumstance in the 14 days prior to your appointment that elevates your risk of developing or transmitting COVID-19 (e.g., returning from travel);
- please call to discuss if you have concerns or queries.

You will receive automated reminders (by email 5 days, and SMS 3 days) before your appointment, asking you to confirm your in-person appointment, or to convert to telehealth if one of the above COVID-19 events applies. Please cancel if you are too sick to attend, giving as much notice as possible (e.g., 3 days) so I can offer it to others in need. During a COVID-19 event please do not attend the building until you are cleared to do so (e.g., by medical advice or government authorities, as relevant).

If a telehealth session conversion is required, I will send you a revised Halaxy reminder (by SMS or email) for a video appointment; please SMS me on 0421 775 909 if you would prefer phone instead; please see the telehealth guide section below.

Psychological services are in sustained high demand in the pandemic. I therefore offer priority to clients with the flexibility to do telehealth where needed (e.g., during COVID-19 events). This helps maintain your continuity of service, and considers other people in need who are waiting for services. As an ethical responsibility, I support people in finding a service that is a good enough fit for their needs. Please discuss with me if for any reason attending reliably by telehealth when needed is not suitable for your circumstances, and we can discuss other services and you can consult your GP.

Informed decision making and consent.

I work in a building shared by a small group of psychologists who run their own practices. We coordinate our COVID Safe Plans as best we can. However, they are responsible for implementing their own policies. As with any public space, there is a risk of COVID-19 transmission, so attending in person is an informed choice you make based on this information sheet, our discussion, and your consent form. If you are concerned about the risk of COVID-19 by attending in person, please advise me before you attend in person, and we can use telehealth if appropriate or discuss other services.

Booking ahead, availabilities, pausing, and beginning.

Booking ahead: Current clients can book four working weeks ahead, either in session or online [here](#), and can manage their appointments and information on the Halaxy portal (a guide is [here](#)). I also email all current clients once a week when the fourth week ahead becomes available to book online.

Availabilities: When appointments become available within the four weeks ahead (e.g., from cancellations), I email (or occasionally, SMS) all current clients with a link to book online.

Pausing: If you have not attended an appointment in some time (e.g., 8 weeks), I will close your file and update your GP if they referred you. I then look forward to you contacting me when the time is right to continue our work together.

Beginning: If you are a prospective client, please ask me to put your name on the 'follow-up list'. I will contact you when regular appointments are available to discuss the possibility of working together.

Cancellation Policy

It is your responsibility to remember your appointments. Two automated courtesy appointment reminders will be sent (an email 5 days before and an SMS 3 days (72 hours) before your appointment), with a request for you to confirm, convert to telehealth, or cancel. If you do not confirm your appointment by 48 hours (2 days before), it may be offered to someone else in need; if you do not confirm and I have not advised you someone else has booked it, then your booking still applies.

To avoid a late fee, please give 8 or more days' notice when cancelling/rescheduling. Informed by the Australian Psychological Society (APS) recommended cancellation policy, a late fee applies when cancelling/rescheduling: 0 to 24 hours' notice or missed appointments, full fee; 24 to 48 hours' notice, 50% of fee; 48 hours' to 7 days' notice, 25% of fee.

If you need to cancel or reschedule your appointment, please text me (at any time of day) on 0421 775 909. Please give as much notice as possible (e.g., 3 days) so I can offer it to others in need. Cancellations that are not received still attract cancellation fees. You are welcome to call to confirm.

The late fee applies to in-person, telehealth, and telehealth conversion appointments. Due to COVID-19's unpredictability, appointments cancelled due to COVID-19 events will be rescheduled when they become possible again. Please contact me when the particular situation has passed.

In addition to the APS recommendations, the late fee may be waived on occasion with consideration given to emergencies and medical conditions for yourself or your child(ren), including cold/flu/COVID-19 symptoms where you are too unwell to attend by telehealth.

If your appointment is in person, please convert to telehealth if a COVID-19 event applies (as described in the section above). If you attend an appointment in-person and a COVID-19 event applies, please be prepared to leave the in-person session immediately, for the wellbeing of all. I will invite you to continue by telehealth if possible; in this circumstance the full fee may still apply even if we cannot continue by telehealth; the rebate will not apply if we cannot continue by telehealth.

If you would like a late cancellation or missed appointment fee to be reviewed, please cancel by calling (rather than SMSing or emailing) me on 0421 775 909 to advise of the reason, and we can discuss the situation. Otherwise, if the fee applies it will be charged by Halaxy online claiming or invoice for EFT. Outstanding payments are overdue 24 hours after the appointment or invoice being sent. If payment is overdue, your remaining appointments may be offered to someone else in need. An SMS or email will advise if your appointments have been cancelled.

Frequent cancellations, rescheduling or non-attendances (e.g., 2 in 2 months) may mean this is not the right time for you to be able to commit to the process. I will discuss with you whether this service is a good fit for you currently, and you may be asked to give yourself a break and return at a better time.

Emergencies, Personal Crises, & Phone Support

I do not provide an emergency or crisis service. For emergencies, call 000, or present to an Emergency Department, or contact your GP, Psychiatrist, or an agency that is able to provide in-patient support. For 24/7 phone support regarding distress or personal crisis (e.g., thoughts of self-harm or suicide), please call one of the following:

- Lifeline, 13 11 14, www.lifeline.org.au
- Samaritans Anonymous Crisis Support line, 13 52 47, thesamaritans.org.au
- Beyond Blue, 1300 22 46 36, www.beyondblue.org.au
- Kids Helpline (aged 5-25), 1800 55 1800, kidshelpline.com.au
- Mental Health Emergency Response Line (MHERL), 1300 555 788.
- Suicide Call Back Service, 1300 659 467, <https://www.suicidecallbackservice.org.au>

I offer brief, occasional SMS or phone support (e.g., 5 min). Frequent or longer (e.g., 10 min) support calls attract a pro-rata fee. My number is generally monitored during business hours on consulting days, and I can usually respond within a week. The pandemic has increased our administration significantly. I now look to do what administration we can at the start of the session. I appreciate your patience with my replies to your voicemails, text messages, and emails.

Report and Correspondence Requests

Please inform me if you currently have, or may possibly have, any compensation, insurance, or legal claims or cases. I do not provide assessment or report writing services for court, compensation cases, insurance cases, or other legal matters. If you require a written report for other reasons (i.e., non-medicolegal), please discuss this with me. I may not be able to accommodate your request. There are additional fees for provision of reports. I cannot specify completion dates for reports, as my service is focused on consulting via appointments.

Please discuss with me in session any request for correspondence (e.g., letters or forms to educational institutions, employers, etc.). Please email the request (& any forms) a week before your appointment. Please allow at least a week after your appointment for the request to be provided. There are additional fees for requested correspondence that is not written during session time. There are no standard fees for professional letters to referrers regarding client treatment needs (e.g., GP Medicare referrals). Please allow a week after your appointment for these to arrive to your referrer.

Privacy, Confidentiality, and Access to Client Information

All services offered are conducted in accordance with the Australian Psychological Society (APS) code of ethics (see www.psychology.org.au). Psychologists uphold your confidentiality as a high priority.

Privacy

In providing a psychological service to you, I will need to collect and record relevant information about your personal circumstances and the services provided. You do not have to give any personal information you do not wish to. Not providing certain information may mean the service may not be able to be provided to you, or it may influence the outcomes you achieve.

Confidentiality

All information you provide to the practice is confidential, securely stored, and only accessed by myself as your psychologist (as above re detailed personal information) and our staff (as below re demographic information). Some demographic information you provide may be shared with our staff, including: other practitioners in considering who is the best clinician available to see you, and; our virtual reception staff taking your calls.

Access to Client Information

In keeping with our professional code of ethics, information regarding services can only be provided to another party with your written permission, a court subpoena or summons, or in the event that your psychologist forms a professional opinion that either you or another individual is at significant risk. If these occur, I will attempt to discuss the release of information with you in advance where possible. To help offer the best possible service to you, I may also share non-identified information with colleagues in peer consultation as required by our code of ethics. You can always ask me about the information kept on file. You can access the information about you kept on file, subject to the conditions of the National Privacy Principles of the *Privacy Amendment (Private Sector) Act 2000*. Please ask me to discuss with you what forms of access may be appropriate.

COVID-19 Contact Tracing

Government requirements for COVID-19 contact tracing mean that in the event of a COVID-19 incident, psychologists may be required to share the contact details of relevant clients with the authorities. Therefore, my conditions of service include the following agreement: "I understand that in the event of a COVID-19 incident, Dr Carl Dreher will be required to share my contact details with the authorities, to assist them in the process of contact tracing, for the wellbeing of all". If you do not consent to this, let me know and please do not attend in-person sessions. If suitable, we can proceed with telehealth appointments, or we can discuss other services and consulting your GP.

Feedback and Informed Voluntary Consent

This service is a partnership where you make informed decisions about the process of how best to work on the issues that matter to you. You have the right to withdraw consent at any time without affecting your right to future services. I welcome any feedback about what does and doesn't work well

for you. After reading all of the information herein, if you are unsure or concerned about anything, please discuss it with me. When you are satisfied to do so, please sign the accompanying Confidential Client Information and Consent Form, indicating that you have read and understand all of the information herein. Please retain this service information sheet for your future reference.

Telehealth Requirements and Instructions

Telehealth is using digital technology (e.g., video & phone) for health service appointments.

Rights and Responsibilities

Your rights and responsibilities for telehealth services are the same as for in-person services, with the additional responsibility for you to follow the requirements below. By participating in telehealth, you are agreeing to the conditions of service described herein.

Benefits and Risks

Research supports that telehealth is effective. Telehealth is particularly useful for clients who are unable to access in-person services due to health complications, restrictions of movement, rural/remote location, and transport issues. Telehealth has been recommended by Australian psychology governing bodies as a suitable medium to enable vital continuity of care for all clients requiring psychological assessment, treatment and/or support during the COVID-19 pandemic. If for any reason we cannot meet in person and telehealth is not appropriate to your needs, we can discuss this, and you can consider other services and consulting your GP.

I use a securely encrypted, privacy compliant video telehealth service, doxy.me. All practices to protect your privacy and confidentiality are adhered to for telehealth, in keeping with the Privacy section herein. This requires your participation to help keep your sessions private and effective. Equally, I do not permit pictures, or audio or visual recording of our sessions; the session is for you and not for others. Alternatively, if you prefer telephone, I will call you at the time of our scheduled appointment.

Potential risks with telehealth include, but are not limited to, the possibility, despite reasonable efforts on my part, that: the transmission of services could be disrupted or distorted by technical failures; misunderstandings may occur (e.g., with poor transmission), and/or possible confidentiality breaches if someone should walk into your room while in session. These guidelines aim to minimise these risks.

Telehealth Platform Instructions

To use doxy.me, click <https://doxy.me/DrCarlDreher> from your computer, tablet, or smartphone. You will then enter my waiting room, and I will invite you into session. Please ensure that you:

- Have a good broadband internet connection or a device with a good cellular connection at home or at a location appropriate for services.
- To protect your privacy, ensure your software is updated and do not use public Wi-Fi.
- Enter the waiting room 5 minutes prior to your session to enable your camera and microphone. You can test your system requirements with the “pre-call test” button on the bottom left.
- You can read a 1-page guide describing how to check in to doxy.me by clicking [here](#).
- To test your internet speed, click [here](#). Videoconference works best with: download speeds of more than 1 Mbps; upload speeds of more than 0.5 Mbps; latency (ping) less than 50ms.

Session Structure and Guidelines

Sessions will be conducted in the same way as in-person sessions are. In order to have effective telehealth sessions, the following guidelines are recommended.

- Your device should be placed on a steady surface throughout sessions, and not held in your hand if it can be avoided. If it must be in your hand, please hold it as steady as possible.
- You should be in a set location and not moving about.
- Make sure that you are in a private location where your sessions cannot be overheard by others. Ensure that you adjust the volume on your device to protect your privacy.
- Please do not invite others into session without discussion with me first. You are required to inform me if anyone is in the room with you, or who you believe may overhear the session.
- Try to have proper lighting that lights your face so that I can best communicate with you.
- You should be appropriately attired, fully dressed and in an appropriate setting.
- Try to minimise background noise and distractions. Turn off televisions, music or other sounds.
- You should not be driving, on social media, playing video games, or working on other things.
- Make sure that pets, children, household members and roommates will not be distractions.
- If the connection is broken, I will call you by phone until we can re-establish the video.