

# Info Pack



The  
Family  
Counselling  
Clinic

AT THE RESILIENCE CENTRE

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FAMILIES WORKING TOGETHER, LIVING APART.

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The Family Counselling Clinic provides family-focused therapy with individuals and groups, using evidence-based strategies and research informed approaches to working with families. The Family Counselling Clinic practitioners work with individuals and all types of family constellations, where the aim of therapy is focused on improving relationships and functioning within families after or during parental separation. This may include, however is not limited to, working with parents who have experienced separation or who are going through separation, working with a child whose parents have separated or are separating, or in fact a whole family unit.

The Family Counselling Clinic practitioners are qualified and highly experienced mental health professionals who specialise in working with adults, children, and families specifically in relation to parental separation. They are experts in their field with extensive experience working with Court-mandated referrals; and have sound knowledge of divorce-specific issues experienced by children and adults, child development and welfare, parenting matters, family systems and trauma. Because of this broad knowledge and experience the Associated fees for seeing a Family Counselling Clinic Specialist Practitioner (FCCSP) differs from that of other practitioners at The Resilience Centre.

FEE SCHEDULE - Items (# of people in session)		Fee
<b>Counselling Consultations</b>		
Initial individual Consultation (1) 50-55mins		\$230-240
Subsequent individual Consultation (1) 50-55mins		\$230-240
Parent Consultation (2+) 50-55mins		\$260-270
Family Consultation (2+) 50-55mins		\$260-270
<b>Other Items</b>		
Post Separation Parenting Program (3 hrs)		\$241
Family Group Planning Meeting (+3 people)		\$1,400/day
Court attendance (daily fee)		\$1,680/day
Report in relation to therapy		\$240/ hour
Child Impact Report		\$ 4, 000 +
Failure to attend a scheduled appointment/ Cancellation (later than 1pm the previous business day)		\$100
Late cancellation for Court attendance (if notice is given later than 1pm, 3 business days prior to the scheduled date) (50% of the daily fee)		\$840
Additional fees apply for time taken to ready Court documents/ reports based on an hourly rate of \$220.00		
<b>Rebates</b>		
Medicare. If you have come with Mental Health Care Plan from your GP, then you are entitled to 6 sessions, receiving a rebate of \$79.05 - \$89.65. After the sixth session, you are required to visit your GP to discuss our progress and the GP may or may not approve a further 4 sessions.		
Private Health Insurance. Depending on your Insurance provider and level of cover, you may be entitled to a rebate for sessions not claimed through Medicare. We recommend speaking with your insurer for more information.		

## Recommended booking schedule

### **Phase 1 bookings – Intake phase**

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- New clients are encouraged to make series of appointments, which can be allocated to each member of the family (5 years or older).

For example, for a family of 5:

- 1. Parent 1 initial session**
- 2. Parent 2 initial session**
- 3. Child 1 initial session**
- 4. Child 2 initial session**
- 5. Child 3 initial session**

- A follow-up appointment is allocated to each parent for feedback and recommendations.

For example

- 1. Parent 1 feedback session**
- 2. Parent 2 feedback session**

During the feedback and planning session, parents work with the therapist to develop the most appropriate structure for any ongoing sessions (which may include individual sessions for parents or children, and/or joint sessions for parent and parent, child and parent or families).

- Each parent is enrolled in the Parenting Post Separation Program (Recommended). *This program is aimed at equipping parents who have separated with information and tools to guide their child/ren through the adjustment.* The group program is generally offered monthly and currently offered online only using zoom. Please check the website for upcoming dates. <https://www.theresiliencecentre.com.au/product/parenting-post-separation/>

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### **Phase 2 bookings – Counselling phase**

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- At various times there can be extended waitlist times, to avoid a prolonged period in between Phase 1 and Phase 2 appointments, it is recommended that 3 appointments are scheduled fortnightly following the feedback session.
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## Frequently Asked Questions

### ▪ Who can be referred to The Family Counselling Clinic at the Resilience Centre?

Families come in all shapes and sizes and have their own experiences. The Family Clinic provides family-focused therapy to all types of families, where the aim of therapy is focused on family relationships and functioning. Our therapists are qualified and experienced mental health professionals who have specialised experience in supporting families after parental separation. You do not need a referral to attend the Family Counselling Clinic.

### ▪ Can I see a Family Counselling Clinic Specialist Practitioner without other members of my family being involved?

Yes. *The Family Counselling Clinic* practitioners are qualified and highly experienced mental health professionals who specialise in working with adults, children and families experiencing divorce-specific issues. They are experts in their field and have extensive; experience in working with; and knowledge of divorce-specific issues experienced by children and adults, child-development and welfare, parenting matters, family systems and trauma. The fee structure for seeing a Family Clinic Practitioner differs from that of other practitioners at The Resilience Centre.

### ▪ What is family-focused therapy?

At the Family Counselling Clinic our family-focused counselling framework offers family members an opportunity to engage both separately and jointly (when appropriate) to work toward strengthening relationships, working through current challenges, and finding solutions. We use an evidence-informed framework and incorporate several evidence-based focused psychological strategies when working with families toward positive change.

### ▪ Can my child attend counselling if their other parent doesn't consent to them attending?

Parental consent in writing is required prior to a child attending appointments. When parents are separated and hold equal and shared parental responsibility, written consent from both parents is required. Our team can provide a consent form upon request.

When a child is estranged from a parent or there is conflict present, ongoing counselling may be impacted. Any ongoing counselling will be based on the clinician's assessment of the child's best interests, considering any possible unintended consequences for the child should they continue with counselling.

### ▪ What is the role of the therapist, and do they make recommendations?

The role of the therapist is to assist to meet the children's needs indirectly through working with the adults and households, and directly through counselling with children as required. When counselling is ordered by a Court, there may be certain directives, which include making recommendations. Recommendations made by therapists are put forward as a professional point of view, however it is not the role of the therapist to take the power of decision making away from the adults in a family.

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- **Who makes the appointments and when should I make them?**

Family members are responsible for scheduling their own appointments. The above guide provides some guidance. Frequency of appointments is dependent on availability and the specific needs of the family. Fortnightly appointments are most recommended. If one parent is making appointments for each family member, including the other parent, we advise that Phase 1 appointments are initially booked into our system under the eldest child's name. At the initial appointment, we can then clarify and allocate the upcoming appointments to each family member in our booking system.

- **My child's other parent/ ex-partner and I do not speak. Are you able to call them to organise appointments?**

We do not call people who are not yet clients of the Resilience Centre Family Clinic. You are responsible for advising your child's other parent of any appointments made for them.

- **I don't communicate with my child's other parent. How do I find out information about the child's session if I am not the one bringing the child to their appointments?**

Both parents are included in any correspondence from the therapist relating to the child's progress or in relation to any concerns or risks. The amount of information sent to parents can vary significantly depending on the purpose and aims of therapy. To hear from the therapist via email following each session is mostly uncommon.

- **What do I do if I've been Court Ordered to attend family therapy?**

Families who are involved in Family Court proceedings or have previously been involved in proceedings must provide a copy of any relevant Court Orders and can send these via email to [confidential@theresiliencecentre.com.au](mailto:confidential@theresiliencecentre.com.au) OR direct to the therapist OR in person at their first appointment. It is asked that the parent who sends the Orders via email also cc's the other parent into the correspondence to avoid multiple copies of Orders being provided.

- **I need to know when my child's other parent has been to counselling session and when their sessions are coming up for Court or other purposes. Can you provide me with that information?**

Due to our obligation to provide confidentiality to all our clients, we are unable to provide information regarding scheduled appointments or any other personal information to anyone other than the client.

- **I need to know when my child has been to counselling sessions and when their sessions are coming up for Court or other purposes. Can you provide me with that information?**

We are able provide information regarding scheduled appointments for a child to the child's parent/carer upon request. We do consider any relevant Court Orders or circumstances which may limit our ability to openly provide information.

- **How long does therapy take to work? And how many appointments will I need?**

This can vary depending on the goals of therapy and the situation. Most people attend 6 to 10 sessions.

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- **Can I claim a rebate for appointments?**

For individuals who obtain a Mental Health Care Plan (MHCP) and referral from their GP, a partial Medicare rebate for up to 20 sessions per calendar year (until June 2021) is available for individual sessions. The MHCP is assigned to an individual and is not transferable among family members. Each family member attending may be eligible for their own MHCP and it is advised that you speak with your GP regarding this.

- **Is counselling confidential? What is reportable and non-reportable counselling?**

All our clinicians have an obligation to provide confidential services. All your information remains private. There are several circumstances that limit the ability to provide confidentiality, including: in cases of safety or risk or when a Clinician is subpoenaed by a Court.

Family Court may direct families to attend counselling to attempt to resolve issues that have arisen or to minimise harm to children in matters of high conflict. The Court may direct families to engage in “reportable” or “non-reportable” family therapy. For reportable family therapy, the clinician may be called upon to provide a report or information to the Court regarding progress of therapy or an opinion regarding certain matters discussed. In non-reportable family therapy, counselling is confidential and separate from Court proceedings.

- **What is Open Confidentiality?**

Open confidentiality is a term that is used at the Family Clinic where a clinician respects and maintains personal information and privacy, however, they may choose to share information with other family members who are also engaged in therapy if seen to have a therapeutic benefit.

- **Can I request a therapy report?**

It is advised that requests for reports are made directly to the clinician. When appropriate, a report that outlines the progress and outcomes of family therapy can be provided. Generally, both parents are required to consent to a report being written. A letter of instruction by a solicitor is required for all reports.

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