

# Darren Eger

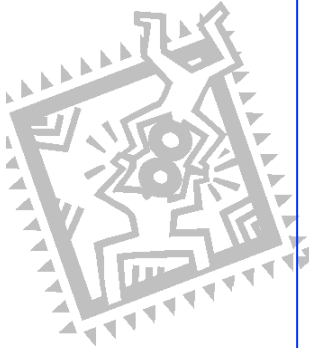
M.App.Psych (Clin)

Psychologist

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PSY0001119097



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## Frequently Asked Questions

Welcome to my Practice. If this is your first experience with a Psychologist then take the time to read some of the tips for making the most of your time. If you have a question that isn't answered here, please don't hesitate to call me or raise the issue during your next session.

**Approach:** A question often asked of a Psychologist is "what kind of approach do you use eg. Cognitive, Psychoanalytic etc ? ". I am an Applied Psychologist meaning that my work is always guided by current, valid, clinical research. I will employ the most effective, research based, methods to assist my clients. Frequently this will indicate that the approach will have a Cognitive-Behavioural foundation.

**Communication:** The key to a successful therapeutic relationship is good communication. If at any time you have concerns about the way things are going, eg. "Its not quite working for me" please discuss this with me. My primary concern is that you receive the assistance that you require. If necessary, I'm happy to organise a referral to another therapist or agency.

**Registration:** I am a member of the Australian Psychological Society(APS) and I'm registered with the Psychologists Registration Board of Australia PSY0001119097

**Fees:** This practice sets its fees according to the APS Schedule of recommended fees. Please ask for the current fees. It is a requirement that accounts are to be settled at the time of consultation. An invoice can be posted for an additional charge. As of November 1<sup>st</sup> 2006, Medicare does provide a rebate for psychological services provided that you have been referred by your Doctor and are eligible for a **Care Plan**. Most of the common Private Health Insurers provide some form of rebate however, this varies between the funds. Check with your fund or ask me for the latest comparison table. **Cancellations** within 24hrs may be charged at the full session fee. Fees can be a source of concern for people. It is a policy of this practice that they should not be an impediment to receiving assistance. Please feel free discuss your concerns with me.

**Confidentiality:** I am ethically and morally bound to the APS Code of Professional Conduct that discusses sound ethical professional behaviour for Psychologists. Any form of communication between us is considered private and confidential. It is important that I make you aware of some limitations to confidentiality that can occur under certain circumstances. Please ensure that you are satisfied that I have adequately explained these limitations to you (usually during your first session).

**Between session tasks:** Occasionally, it may be beneficial for you to complete some tasks between sessions. The purpose of the task will be made clear to you at the time they are given. It is important that you are realistic about the amount of time and energy you are 'realistically' able to devote to these tasks. One of the reasons for the tasks is to minimise the number of sessions you require. Please discuss any concerns you may have with me.

You will of course have at least one question that isn't covered here. As always, I'm happy to discuss your question/s with you at any time.

Regards