

Thank you for your enquiry.

Please find some important general info below on services, costs, claiming options, location etc. This should answer most of your questions but please let me know if you need any further information.

To make an appointment please just call the office on 07-32182756 and grab a suitable time. If that proves too difficult, please just get back in touch me directly with some potentially suitable time periods and I will see what I can do to accommodate.

Services:

In regard to my services, I don't offer a one-size-fits-all package but rather tailor careers services to meet individual needs. Having said that, the average number of appointments for careers issues is between 2 and 3 depending on what the client needs to focus on. Other issues will vary in the number of appointments naturally. Some people do achieve what they need to in 1 session occasionally.

Sessions are for 1 hour. In the first session we need to get a good sense of the person and where they are at currently if we are to do some career planning, clarify issues and find a positive direction to take. Therefore, the first session can often run over the hour but if you need to get away on-time then we will work to the strict schedule.

Remote consultations, via an online or phone-based platform, are also available for clients who prefer, or need, to see me remotely.

Costs:

- \$200 for the initial session
- \$170 for any subsequent sessions
- Some clients benefit from doing vocational assessment testing to gain further clarity on key career decision making factors and self-awareness. This can help gain a sense of the right type of career or work environment - not everyone needs this of course. Depending on what we do in this regard, **assessments can cost up to an additional \$120** for the materials and time depending on what we need to do. We can discuss options in the first session.

There is a \$100 late cancellation fee for appointments cancelled with less than 24 hours' notice.

Please note, cash is appreciated but payment by credit card or EFTPOS is available also. I don't however have HICAPS or Medicare direct claims facilities. I will issue you with a receipt that you can use to claim directly from your health fund or Medicare as applicable.

Claiming Options:

If you have private health insurance with extras for psychology you may be able to claim something back through them - check the information blurb on your fund if applicable.

Medicare will rebate a little over \$86 per session if that is an option. This requires an assessment and referral from a GP (or psychiatrist) under a Mental Health Care Plan (MHCP). Prior to your appointment with me, your GP (or psychiatrist) needs to have assessed a psychological or mental health impact of the issues at hand eg stress, anxiety,

depression. Please note that I don't bulk bill for appointments. Please bring any referral documentation with you or have it emailed to me.

Transport/Location:

On the contacts page of my website (below) there is a map. If you are coming in by train the office is really close to Central station for train access – about a 5 minute only walk. There is parking at the BCC Carpark on the other side of the Central train station if you're driving. This is possibly the cheapest parking in the area and about 5 minutes away but there are multiple commercial parking stations in the vicinity including several Wilson Parking stations.

Please contact me if you have any questions and also let us know if you have any difficulty making the appointment.

Kind regards
Jacqui

Jacqui Rochester

Psychologist, Career Counsellor, Career Coach

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