

# Mind, Science & My Health (MSMH)

ABN: 24 205 447 544

Toowoomba Office: 11 Westland St  
Charleville Office: 81A Galatea St  
Kingaroy Office: 213 Haly St



MIND, SCIENCE &  
MY HEALTH



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Email: [admin@msmh.com.au](mailto:admin@msmh.com.au)  
Website: [www.msmh.com.au](http://www.msmh.com.au)

*Our evidenced-based practices aim to help clients understand and positively influence factors, within themselves and others, to improve health, wellbeing and daily functioning.*

## HEAD OFFICE

11 Westland Street  
Toowoomba, 4350

## CHARLEVILLE OFFICE

81a Galatea Street  
Charleville, 4470

## KINGAROY OFFICE

213 Haly Street  
Kingaroy, 4610

Ph: 07 4638 8464

Fax: 07 7520 8884

Email: [reception@msmh.com.au](mailto:reception@msmh.com.au)

**Access mental health services by telephone, email, referHEALTH, or fax for initial consultation.**

## Our Practitioners:

- Michelle Aniftos, Clinical Psychologist
- Alex Leong, Clinical Psychologist
- Marc Di Cioccio, Clinical Psychologist
- Karen Bruggemann, Clinical Psychologist
- Susie Robinson, Registered Psychologist
- Anita Smith, Registered Psychologist (**Kingaroy Office**)
- Jed Owen, Registered Psychologist (**Charleville Office**)
- Chloe Tully-Wilson, Provisional Psychologist (**Charleville**)
- Jack Fisher, Provisional Psychologist
- Brooke Moore, Counsellor
- Catherine Fulton, Counsellor
- & Post-Grad Students on university placement

## MSMH® Model of Practice

- Identify health and performance goals
- Assess opportunities for improvement
- Develop competence and confidence
- Enable well-being via evidence-based therapies

## Services:

- Individual Therapy (various intervention models) for
  - Anxiety & mood disorders
  - Anger & interpersonal issues
  - Trauma, grief, loss & separation
  - Attention and behavioural regulation
  - Autism Spectrum Disorders
  - Medical conditions aggravated by stress
- Biofeedback training for improved focus & relaxation (EEG, HRV, as relevant to needs)
- Clinical supervision; consultancy; & workshops
- Group Therapy & Psycho-education
  - Social & Communication Skills
  - Emotional Regulation
  - Self-reflective Parenting
  - Stress & Coping
  - Mental Health Literacy & 1<sup>st</sup> Aid
- Individual assessments, reports, & treatment plans
  - Intellectual & Learning ability
  - Neuropsychophysiology (including QEEG & ERPs)
  - Social-emotional and behavioural functioning
  - 3<sup>rd</sup> party eligibility: DSPs, EQ Verifications, etc

**Fees** vary depending on services provided, locations, and the various funding agreements with 3<sup>rd</sup> parties:  
Clinical Psychologist, \$202 - \$252/hour  
Registered Psychologist, \$164 - \$205/hour  
Counsellor, \$120 – \$160/hour  
Rural/Remote Health Providers, \$200-\$300/hour

*A 20% concession may apply for eligible consumers depending on services required.*

*Funding support depends on eligibility for 3<sup>rd</sup> party support/insurance. MSMH does not provide bulk-billing.*

**NB** Funding is available in the South West for P4 Mental Health Care Coordination and Surge/P3 intervention response. Funding is available in Southern Downs & South Burnett for TPT (targeted psychological therapies) for some client groups.

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*We acknowledge the Traditional Owners of the lands where our staff and students live, learn and work, and Elders past, present and emerging.*