

Mind, Science & My Health (MSMH)

ABN: 24 205 447 544

Toowoomba Office: 11 Westland St

Charleville Office: 1/13 Wills St

Kingaroy Office: 213 Haly St



Post: PO Box 6570
Clifford Gardens, QLD 4350

Phone: 07 4638 8464

Fax: 07 7520 8884

Email: admin@msmh.com.au

Website: 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.

Access mental health services by phone, email, fax, Medical Objects, or referRHEALTH

Ph: 07 4638 8464

Fax: 07 7520 8884

Email: reception@msmh.com.au

Our Practitioners

- Michelle Aniftos, Clinical Psychologist
- Alex Leong, Clinical Psychologist
- Marc Di Ciccio, Clinical Psychologist
- Karen Bruggemann, Clinical Psychologist
- Anita Smith, Registered Psychologist (Kingaroy office)
- Brooke Moore, Counsellor
- Catherine Fulton, Registered Clinical Counsellor
- Adam Rose, Provisional Psychologist
- Jack Fisher, Provisional Psychologist
- Cassandra Brockett, Provisional Psychologist
- Susie Robinson, Clinical Psychologist (on maternity leave)
- & Post-Grad Students on university placement

MSMH® Model of Practice



Services:

- **Individual Areas of Support (various service models)**
 - Anxiety & mood disorders
 - Anger & interpersonal issues
 - Trauma, grief, loss & separation
 - Attention and behavioural regulation
 - Medical conditions aggravated by stress
- **Biofeedback training for focus & relaxation**
 - EEG (aka neurofeedback) & HRV services
- **Clinical supervision; consultancy; & workshops**
- **Group Therapy & Psychoeducation**
 - Social & Communication Skills
 - Emotional Regulation
 - Self-reflective Parenting
 - Stress & Coping
 - Mental Health Literacy & Psychological 1st Aid
- **Individual assessments, reports, & treatment plans**
 - Psychological Assessments to access NDIS
 - Workcover supports
 - Department of Veteran Affairs
 - Neuropsychophysiology (including QEEG & ERPs)
 - 3rd party eligibility: DSPs, EQ Verifications, etc

Fees vary depending on services provided, locations, and the various funding agreements with 3rd parties:

Clinical Psychologist, \$202 - \$252/hour
Registered Psychologist, \$164 - \$205/hour

Counsellors & Provisional Psychologists, \$130 – \$160/hour
Practice Nurse Recovery Coaching (NDIS participants) - \$101/hr

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

Funding support depends on eligibility for 3rd party support/insurance. MSMH is not a bulk-billing practice.

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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.