



# Psychology Clinic Newsletter October 2024

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## Welcome from our Clinic Director

Welcome to our La Trobe University Psychology Clinic October 2024 Newsletter!

**Our Psychology Clinic continues to be open to the community and is providing affordable, evidence-based psychological services.**

The season is changing and now with the AFL Grand Final done and the Melbourne Cup soon to run, Spring has arrived. This time of the year can be a very busy one as the end of the year fast approaches and I hope that you are finding some time to enjoy the sunshine.

Many thanks to those who have recommended or referred to our clinic. There has been a great variety in the people attending the clinic, both in age and presentation and the clinic team appreciates the opportunity to provide a psychological service to the local community (and to further regions of Victoria with the use of telehealth).

Our Provisional Psychologists are still taking on new clients and can usually start with individual therapy within a week or two of being accepted on to our waitlist. Although we are coming to the end of the year the clinic will continue to operate up to Friday 20 December. The clinic will then close for 2 weeks and re-open in January.

To improve access to our service we have been developing an updated website for the clinic to allow more direct communication with our clients and to promote special events such as group therapy programs and education/information sessions. There will be more detail about the website further in the newsletter.

As a reminder - The Clinic team can provide a range of services, both in-person and by telehealth. These include individual therapy for adults, youth, and children, parenting support, group therapy and intellectual assessment. Our services are tailored to consumer needs, from a single consultation to multiple sessions that will help consumers to achieve their goals for change.

Please see our website for details of the services offered - [here](#)

We hope this issue of the newsletter provides you valuable information that can be passed onto the community that you service and help to improve their wellbeing.

Best wishes,

**Trevor Rule**

Clinic Director

## Group Programs 2024



### Pregnancy well-being Group

**Commencing 28th of October at the Bundoora Campus**

While pregnancy can be an exciting time, it can also create worry and stress.

Up to one in five women experience anxiety in pregnancy. Some common worries may include the transition to parenthood, concerns about the wellbeing of the baby and fear of giving birth. Reaching out for help early can improve well-being and may reduce the risk of postnatal mental health issues.

This is offered as is a **FREE six-session program held over six weeks** (1.45 hours per week) and invites women who are between 12-32 weeks pregnant to attend. It will help women to:

- Prepare for parenthood
- Understand their anxiety better and develop skills to manage it
- Develop strategies for self-care and relaxation

- Start to plan for the birth and postnatal period.

Participants will experience support via a range of interventions including psychoeducation, group discussion as well as 'hands on' practice of new skills which will assist with pregnancy, birth and beyond.

For further Information please contact our Clinic reception or complete the Group program enquiry form below:

Phone: [\(03\) 9479 2150](tel:(03)94792150)

Email: [psych-clinic@latrobe.edu.au](mailto:psych-clinic@latrobe.edu.au)

[Group programs enquiry form, School of Psychology and Public Health , La Trobe Psychology Clinic, La Trobe University](#)



## Introducing the New Client-Facing Portal for LTU Psychology Clinic!

**We're excited to announce the launch of our new portal, designed to enhance your experience with the LTU Psychology Clinic. This user-friendly platform will provide:**

### **Up-to-Date Information:**

Easily access the latest details on our services and current waitlist times.

### **Online Forms:**

Fill out necessary forms conveniently from home.

### **Enquiry Submissions:**

Reach out to us effortlessly with any questions or concerns.

Our goal is to make engagement between the clinic and the community as seamless as possible. We look forward to serving you better through this new portal!

"Access the portal [here](#)"



### ***Cognitive Assessment Waitlist Update***

**Due to high demand for assessments the waitlist is now closed. We will endeavour to re-open the waitlist in February 2025**

### **Psychology Clinic contact information**

Phone: [\(03\) 9479 2150](tel:0394792150) (confidential Clinic Reception)

Email: [psych-clinic@latrobe.edu.au](mailto:psych-clinic@latrobe.edu.au)

Website link: [here](#)

Reception hours and scheduled appointments are Monday, Tuesday, Wednesday and Friday 9am – 5pm.  
The clinic is closed on Thursday.

**Should you wish to provide feedback on the information you have read in the newsletter or contact us please email: [psych-clinic@latrobe.edu.au](mailto:psych-clinic@latrobe.edu.au)**