



FEBRUARY NEWSLETTER

Message from our Director



I hope you have all had a good start to 2025 and were able to have some time-out during the holiday season. The Psychology Clinic has the next group of new trainees starting orientation in the clinic this week and they will be ready to see clients in March.

They have already completed two weeks of intensive foundational training and will begin their first weeks in the clinic under close clinical supervision.

Thanks to those who have referred clients to the LTU Psychology Clinic for assistance, I hope that the feedback you have received from your clients has been positive. Please let me know if you have any concerns or questions about our service.

The clinic will continue to provide Individual and group therapy services and a limited capacity for cognitive assessments. Please enjoy reading the newsletter. There is information about our new website, a profile of one of our trainee psychologists and more.

Lastly, a reminder that our website is a good resource for clients and an easy and convenient way to refer your clients to our service.

Visit psychclinic.latrobe.edu.au

Best wishes,
Trevor Rule
Clinic Director

Upcoming Groups in 2025



SOCIAL SUCCESS PROGRAM

If you suffer from shyness or social anxiety you might avoid social situations and have trouble connecting with others due to strong fears of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations.

This group will help you to overcome social anxiety, by learning to handle performance fears, test anxiety, and interpersonal concerns.

SLEAPI PROGRAM

Insomnia is one of the most common health complaints in Australia, affecting up to a third of the population. When sleep is poor, we can feel tired and irritable, and as though everything requires more effort. When poor sleep persists it can increase negative feelings, affecting our mood and general health.

This group will help you to improve your sleep by learning natural ways to stop struggling and start sleeping. The group may be helpful for anyone who struggles to get to sleep, maintain sleep, wakes up too early, or does not sleep.

PREGNANCY WELL BEING GROUP

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 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, develop strategies for self-care and relaxation and start to plan for the birth and postnatal period.

Express your interest in attending this group by following the link below or call the clinic on 9479 2150.

[Enquire Here](#)

Meet Mel

*MEL IS ONE OF THE PROVISIONAL
PSYCHOLOGISTS IN OUR CLINIC*



I (like many of us!) have struggled with my own mental health. I stumbled across mindfulness and began incorporating it into my life and reaped its benefits firsthand.

This sparked a deeper curiosity about mental health and psychology, both broadly and on a deeper level. The fascination soon became passion, and I feel incredibly fortunate to be on this personally meaningful career path.

My aspirations are to work therapeutically, with a special interest in trauma, neurodivergence, and socio-cultural factors that impact on mental health. If I had to narrow it down even further, I would love to engage in teaching/ supervision alongside clinical work.

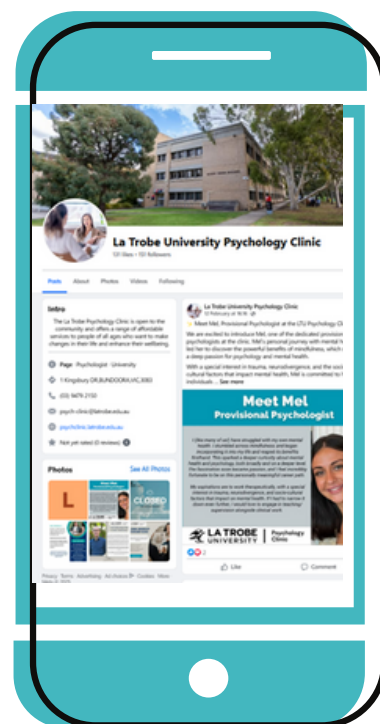
To book an Intake appointment with one of our Provisional Psychologist visit our website: [La Trobe University Psychology Clinic](#) or Call our Clinic Reception on 9479 2150

Connect with us!



We're very excited to announce the launch of our new clinic Facebook page! We'd love for you to like and follow the page for instant updates on waitlists, services, and much more.

Scan the QR code or click this link to follow our page and stay updated with the latest news: [Follow us on Facebook.](#)



Our clinic's webpage is also a really valuable resource for information about wait times and services. It provides convenient access to online enquiry and referral forms, allowing for quick and easy contact with us.

[**psychclinic.latrobe.edu.au**](http://psychclinic.latrobe.edu.au)



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

Website link: [La Trobe University Psychology Clinic](http://LaTrobeUniversityPsychologyClinic)

**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**