

Private Clinicians

Jason Gill Psychology

Location: Unit 4, 83 Mt Barker Road Stirling

Phone: 0403 958 555 **Email:** hillspsychologycentre@gmail.com

Availability: Appointments available on Mondays, Tuesdays, Wednesdays and Fridays between 9.00am - 5.00pm

Waiting time: Generally 1 - 3 weeks

Cost: \$180 per hour, however a rebate of \$124.50 available with a valid Mental Health Treatment Plan. Bulk billing can be negotiated in cases of financial hardship.

Individual therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Treatment primarily involves a Dialectical Behaviour Therapy (DBT) – informed approach. This can be used as a stand-alone treatment or as an adjunct to a skills-based group therapy.

Susan Heinrich Private Psychologist

Location: 1A Station Place, Hindmarsh SA

Phone: 0422 335 434

Availability: Appointments available on Fridays and alternate Wednesdays

Waiting time: Up to 3 months

Cost: \$124.50 or free with a Mental Health Care Plan for up to 10 sessions per year.

Individual therapy for people experiencing Borderline Personality Disorder focusing on Dialectical Behaviour Therapy (DBT).

Margaret Hartstone and Amanda Burlock Clinical Psychologists

Location: 15 The Parade NORWOOD SA 5067

Website: www.hartstoneburlock.com.au

Cost: Rebate available with a valid Mental Health Care Plan

Providing individual and group-based psychological treatments for adults with a range of issues and mental health concerns.

Centre for Schema Therapy

Location: 195 Glen Osmond Rd, FREWVILLE SA 5063

Website: <http://www.centreforschematherapy.com>

Cost: \$190 for a 50 minute session. Rebate may available with a valid Mental Health Care Plan or appropriate private health cover.

We offer private psychological services to children, adolescents, and adults experiencing a range of presenting issues, including anxiety, depression, Autism Spectrum Disorder, personality disorders, eating disorders, complex trauma, relationship issues and parenting difficulties.

Private Clinicians

Lisa White & Co

Location: Suite 106 / 145 Brebner Drive Westlakes SA **Phone:** 0419 838 720 **Email:** lisa@lisawhite.co

Availability: By arrangement **Cost:** \$160.00 individual sessions, medicare rebate available through the Better Access Initiative, subsidy of \$74.80 per session up to 10 sessions.

Individual therapy available in addition to DBT Group Programs (as listed under the Adelaide - Western support services). Referral required from Psychologist, Psychiatrist or General Practitioner.

Dr. Heather Mattner

Location: 83 Mount Barker Road, Stirling SA 5152 **Phone:** 0414 499 544 **Email:** tarebarre@gmail.com

Availability: Consulting Tuesday, Wednesday, Thursday & Friday **Wait time:** Approx 3 weeks

Cost: Variable - opportunities for bulk billing, private health cover and medicare rebate

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health and primary health. During these times, women with a diagnosis of Borderline Personality Disorder can be particularly vulnerable and Heather offers caring, sensitive, professional help for women and their families including:

- Fertility/infertility issues
- Psychological/Mindfulness preparation for labour and birth
- Antenatal/postnatal anxiety and/or depression
- Antenatal, labour/birth and/or postnatal trauma
- Unexpected outcomes
- Grief/loss in pregnancy, birth or postpartum
- Other mental health issues/concerns around pregnancy and postpartum (for example, mood disorders, stress, distress, coping, adjustment)
- Perinatal post-traumatic stress disorder
- Parent-infant relationship issues

Also offering psychology support for doulas, midwifery students, midwives, maternal-infant nurses, perinatal mental health nurses and others.