

# THE EATING DISORDERS SERVICES DIRECTORY



Kaz Cooke

**TASMANIA**

**September 2005**

**Community Nutrition Unit & the EDNA Network**



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## KEY

CBT	= Cognitive Behavioural Therapy
EDNA network	= Eating Disorder Needs Assessment network. A network of people interested in, or working in the area of eating disorders
EMDR	= Eye Movement Desensitisation and Reprocessing
GP	= General Practitioner
HP	= Health Professional
N/A	= Not available
NLP	= Neuro-Linguistic Programming

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## **Introduction**

The southern services listed in this directory were obtained through the Eating Disorder Needs Assessment (EDNA) conducted by the Community Nutrition Unit in December 1997 in Southern Tasmania and the EDNA Network's knowledge of services operating in the south. The first edition of this directory was printed in December 1997 and therefore only contained southern services.

When this directory was being updated it was decided that services could be included from the North and Northwest to provide a starting point for a state wide directory. It is hoped that further updates will contain more listings from the North and Northwest however it relies on being contacted about services operating. It is by no means comprehensive and is subject to change.

All the services listed in this directory were known to have some experience working in the area of Eating Disorders and were asked to fill in an "Eating Disorders Service Directory Update form" (please refer to the end of the directory). Please do not feel you have to be an "expert" in the area of eating disorders to be listed in this directory. If you wish to have your service listed, are aware of other services operating that could be listed or need to update your current listing, please let us know or fill in the update form.

### **Health Professionals Involved**

Management of eating disorders involves psychological, medical, and nutritional therapy in varying degrees. It is quite common for people in recovery to see more than one person; this is often referred to as a multidisciplinary team approach. Multidisciplinary team may differ in disciplines represented, role definition, division of responsibilities, therapeutic orientation and personalities of the team members. The team may consist of:

- a therapist (including psychiatrist, psychologist, counsellor or social worker), for psychological aspects of treatment;
- a General Practitioner (GP), for medical management and ongoing support;
- a dietitian, for nutrition education and counselling.

Listed on the following page is a very general outline of health professionals involved in the management of eating disorders. This will hopefully assist you to understand their roles and enable you to use this directory. Please note that not all disciplines have been represented below (if you would like to provide additional information on your profession for inclusion please feel free).

## **Therapist**

When seeking therapy, many people ask what are the differences between therapists such as counsellors, psychologists and psychiatrists? The professional difference is largely in qualifications, but the model or style of therapy they employ depends on many factors such as their interests, personal characteristics, philosophies and specialist training. Two practitioners may have the same qualifications (such as psychologists) but employ different therapeutic techniques. Throughout this directory services listed, where applicable, have described the type of model employed next to the heading “counselling style”.

As therapists work in different ways, it is important that people choose someone they feel comfortable working with. Sometimes this can take time, and a person may see several counsellors, psychologists or psychiatrists before they find someone who feels “right” for them.

- **Psychiatrist:**

A psychiatrist is a qualified medical practitioner who has completed additional study in psychology or psychiatry. As they are medically qualified they can prescribe drug treatments such as anti-depressants (pharmacological therapy).

- **Psychologist:**

A psychologist must have completed a general degree in psychology, postgraduate studies (usually specialising in a particular area), and two years of supervised practice to be accredited as a practicing psychologist by the Australian Psychological Association.

- **Counsellor:**

There are many different counselling qualifications. Courses in counselling techniques or welfare studies can range from three months to four years. Although there is a national body of counsellors, a person can work as a counsellor without being a member of this body or having any specific qualifications.

- **Social Worker:**

Another health professional that may be involved in the multidisciplinary team is a social worker. They are University qualified professionals offering a range of services that include individual counselling, group work (support and education groups) and community development. They can also assist people to find out what services are available in their local area.

## **General Practitioner (GP)**

General Practitioners (medical practitioners) are responsible for the medical management of people with eating disorders. They play an important role in the detection, management and referral to other health professionals. They may offer physical examinations, medical advice, education and counselling. They are also able to prescribe drug treatments such as anti-depressants.

## **Dietitian**

A Dietitian must complete as a minimum a four-year degree in nutrition and dietetics, or an accredited post graduate course in nutrition and dietetics, to be eligible to be a member of the Dietitians Association of Australia.

Dietitians assist with changing food and weight related behaviours. They can help to re-educate people with eating disorders about the necessity of food and its role in the body, and also develop appropriate meal plans.

## **Treatment/Therapeutic Approaches**

### **Psychological Therapy**

The basis of psychological therapy is in forming a trusting relationship with the therapist and addressing major issues for the person. These may include thoughts, feelings and behaviours that lead to the development and maintenance of the eating disorder. Therapy may deal with anxiety, depression, poor self-esteem and self-confidence, difficulties with interpersonal relationships and empowering the person to realise their own resources to overcome their difficulties.

Many therapists use a combination of different aspects of various therapies in their work. Some models used include:

- **Cognitive Behavioural Therapy (CBT)**

CBT has become a popular form of treatment for people experiencing eating disorders. Based on the premise that thoughts and feelings are interdependent, CBT encourages people to re-examine and challenge existing thought and behaviour patterns. By questioning distorted or unhelpful ways of thinking healthier behaviours can emerge. CBT aims to change the way a person thinks about food and themselves, to identify the thoughts that reinforce disordered eating behaviour and encourage more positive ways of thinking.

- **Interpersonal Therapy (IPT)**

IPT has been used successfully, particularly in the treatment of bulimia and binge eating problems. IPT focuses on interpersonal difficulties in the person's life, which are considered to be the basis of the eating disorders. The therapist will generally explore the history of the eating problem, interpersonal relationships prior to and after the development of an eating disorder, significant life events, and self-esteem and depression issues.

- **Psychotherapy**

Psychotherapy involves a range of talking and/or behavioural therapies that can take place in either a group or individual setting. Psychotherapy aims to identify the psychological stressors that may have contributed to the onset of the eating disorder, including traumatic events and relationship issues.

- **Group Therapy**

The main purpose of group therapy is to provide a supportive network of people who have similar issues. Groups may encourage participants to explore issues around the eating disorder such as alternative coping strategies, underlying issues, ways to change behaviours, triggers, personal needs and long term goals.

- **Family Therapy**

Family therapy is more often used with younger people and usually involves the people that are living with or are very close to the person with the eating disorder such as parents, sibling's and spouses. The family as a unit is encouraged to develop ways to cope with issues that may be causing concern, including the eating disorder. The success of this treatment is dependent on the family's willingness to participate and make changes to their behaviours. Family therapy can also offer education to carers about the eating disorder and how better to support the sufferer.

- **Drug Therapy**

In the treatment of eating disorders, anti-depressants belonging to the Selective Serotonin Reuptake Inhibitors group (SSRI) such as Zoloft, Prozac, Aropax Paxil and other medications may be prescribed. Research suggests that anti-depressants such as Prozac are useful in suppressing the binge/purge cycle, particularly for people with bulimia. For people with anorexia nervosa, they may be useful in stabilizing weight recovery. However, like all medications anti-depressants do not work for everyone, and people respond differently. Some people experience side effects to varying degrees of severity such as anxiety, nausea, loss of or increase in appetite, nervousness, insomnia, headaches, rashes, abnormal dreams and blood pressure changes. The effectiveness of drug therapy increases when combined with other forms of therapy such as CBT.

- **Hypnosis**

Traditional hypnotherapy typically involves a sleep-like state or altered state of consciousness usually induced by a therapist. It is based on the premise that during this altered state of consciousness, a person is more responsive to suggestions and has greater access to functions usually outside their conscious control. However, more recent theories of hypnosis are broader and may include role-playing, story telling and interpersonal influence between the therapist and the client.

## **Medical Treatment**

Physical complications can result from an eating disorder and left unattended, they can lead to serious health problems or even death, so it is important that physical health is monitored. This should preferably be by a medical practitioner who has experience in the area of eating disorders. A full examination involving history of the eating disorder and the person's physical condition is necessary. Special tests may be required, followed by treatment of any medical problems.

## **Nutrition Education and Counselling**

The establishment of a well-balanced diet within a regular eating pattern is essential to recovery. Attitudes towards food and weight that perpetuate symptoms need to be addressed. The dietitian teaches strategies that will help the person eat normally while coping with the stresses of life. A cognitive behavioural therapy treatment approach is usually employed with nutrition counselling.

## **Support Groups and Group Programs**

Support groups offer mutual support, increased understanding and information. Generally, support groups are not run by professionals, but by trained people who have had experience with the issue, either personally or indirectly. Groups are generally open in attendance (people can attend as often as they wish) and meet on a regular basis i.e. monthly. People attend support groups to share their own experiences and learn from the experiences of others.

## **Education and Information**

Information about eating disorders, their effects, treatments and recovery stories etc. can be a useful resource for people affected by eating disorders. Please refer to “resources” in this directory.

## **Alternative Therapies**

Alternative therapies may be useful in the treatment of eating disorders. These include:

- **Naturopathy:** herbal treatment aimed at stimulating the body to heal itself.
- **Acupuncture:** an ancient Chinese therapy using needles and herbs to stimulate the body’s energy flow.
- **Aromatherapy:** use of essential oils for relaxation and stress relief.
- **Meditation:** mental relaxation to create an inner calmness.
- **Homeopathy:** to stimulate the body’s natural defences (anti-bodies) to illness, by introducing the problem substance to the body.

## **Models of Treatment**

There are several different models of treatment that can be used when managing and treating eating disorders. The majority of treatment options within this directory are either group programs or individual therapy, (including psychological therapy, medical management, and nutrition education and counselling), although some inpatient, outpatient and day treatment programs do exist.

### **Group Programs and Individual Therapy Sessions**

Group programs and individual therapy sessions are available from some public health providers such as community health services and also private practitioners. A group program may for instance, consist of a 2-hour session held once a week for 8-10 weeks. Individual therapy might involve seeing the same therapist for one-hour appointment at regular intervals.

### **In-patient Programs**

In-patient programs involve hospitalisation. Treatment may include group and/or individual therapy, medical monitoring and treatment, re-feeding etc. The length of stay depends on the severity of the eating disorder and recovery. In-patient care may be required if:

- there is a medical emergency eg patient is severely emaciated, severe electrolyte imbalance
- a person is unable to keep any food down or to end the bulimic cycle
- a person has severe depression or feelings of suicide
- the family is having trouble coping with the problem.

### **Out-patient Programs**

Outpatient programs are also usually attached to a hospital. Similar to a day treatment programs, a person may visit several times per week for certain tasks. These may include group therapy, individual therapy, nutritional counselling or medical evaluation. People leaving in-patient programs, may enter an outpatient program.

### **Day Treatment Programs**

Day treatment programs are usually attached to a hospital or clinic. Patients attend for daylong periods several times a week depending on the individual. Treatment may involve group and/or individual therapy, medical treatment, recreational programs etc.

## **Public and Private Services**

Treatment options are available in both public and private health sectors. Please refer to “fees” in each directory listing to obtain details of the service you are considering. If you require more information the service should be able to answer your questions.

Waiting periods for public health services often apply. Services at public hospitals and clinics such as community health centres and community mental health services are covered by Medicare and are usually free or low cost.

Services provided by private hospitals and clinics, and fees charged by private psychologists are generally not covered by Medicare and can be costly unless you have private health cover. Check with your health fund to find out exactly what they cover you for. Some private practitioners may negotiate a concession rate if you are a student or on a low income. Psychiatrist’s fees can be claimed under Medicare or might be bulk-billed.

## SOUTHERN TASMANIA

### Psychological Therapy

ADULT MENTAL HEALTH SERVICE	
<p>Access to the following services is via the Crisis Assessment Treatment Triage (CATT) team. This service operates from 8am to 11pm every day of the year. Contact details for referrals:  <b>CATT, 4 Liverpool St, HOBART TAS 7000</b>  <b>Telephone: (03) 6233 2388 or 1800 332 388      Fax: (03) 6233 3556</b></p>	
<p><b>Clinical Psychologists, Social Workers, Community Nurses, Psychiatrists &amp; Medical Officers.</b></p> <p>Eastern District Community Mental Health Team, DHHS            BELLERIVE CENTRE            13 Cambridge Rd            BELLERIVE TAS 7018</p> <p>Telephone: (03) 6211 4580            Fax: (03) 6211 4589</p>	<p><b>Main service offered:</b> Individual counselling.</p> <p><b>Counselling Style:</b> CBT orientation supplemented by a variety of techniques according to the orientation of the psychologist and needs of the client.</p> <p><b>Other services offered:</b> Will refer for nutritional counselling.</p> <p><b>Target Group:</b> Adults, male and female. Covers the Eastern Shore.</p> <p><b>Referral via:</b> Referral from GP, HP or self for Psychologists. Referral from GP for appointment with Psychiatrist or other medical input.</p> <p><b>Waiting List:</b> 2 to 3 weeks. 2 months or more for Psychiatrist.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Contact CATT team on 1800 332 388.</p> <p><b>Fees:</b> No fee.</p>
<p><b>Clinical Psychologists, Community Nurses &amp; Psychiatrist</b></p> <p>Southern District Mental Health Team, DHHS            CAMPBELL HOUSE            4 Liverpool Street            HOBART TAS 7000</p> <p>Telephone: (03) 6233 6011            Fax: (03) 6233 6014</p>	<p><b>Main service offered:</b> Individual counselling.</p> <p><b>Counselling Style:</b> CBT orientation supplemented by a variety of techniques according to the orientation of the psychologist and needs of the client.</p> <p><b>Other services offered:</b> Pharmacological therapy where necessary. Will refer for nutritional counselling.</p> <p><b>Target Group:</b> Adults, male and female. Covers the city of Hobart and Kingsborough, and Huon Valley municipalities.</p> <p><b>Referral via:</b> Referral from GP, HP or self for Psychologists. Referral from GP for appointment with Psychiatrist or other medical input.</p> <p><b>Waiting List:</b> 2 to 4 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>Fees:</b> N/A No fee.</p>
<p><b>Clinical Psychologists, Social Workers, Psychiatric Nurses, Psychiatrists &amp; Medical Officers</b></p> <p>Mental Health Team, DHHS            DERWENT VALLEY CENTRE            New Norfolk District Hospital            13 Richmond St            NEW NORFOLK TAS 7140</p> <p>Telephone: (03) 6262 2830            Fax: (03) 6262 2839</p>	<p><b>Main service offered:</b> Individual counselling.</p> <p><b>Other services offered:</b> Use pharmacological therapy where necessary. Medical assessment done by GP. Family therapy.</p> <p><b>Target Group:</b> Covers the municipalities of New Norfolk, Brighton, Central Highlands, and Southern Midlands.</p> <p><b>Referral via:</b> Referral from GP, HP or self for Psychologists. Referral from GP for appointment with Psychiatrist or other medical input.</p> <p><b>Waiting List:</b> 2 to 6 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> 7 day a week extended hours service from 3 – 11pm.</p> <p><b>Fees:</b> No fee.</p>

## Psychological Therapy Continued

ADULT MENTAL HEALTH SERVICE - Continued	
<p><b>Clinical Psychologists, Social Workers, Psychiatric Nurses, Psychiatrists and Medical Officers</b></p> <p>Mental Health Team, DHHS GAVITT HOUSE 329 Main Rd GLENORCHY TAS 7010</p> <p>Telephone: (03) 6273 0022 Fax: (03) 6272 1635</p>	<p><b>Main service offered:</b> Individual counselling.</p> <p><b>Counselling Style:</b> Team assess client &amp; then decide on appropriate means of treatment. Eclectic approach (Psychiatrist uses psychotherapy, Psychologists use CBT).</p> <p><b>Other services offered:</b> Family and pharmacological therapy.</p> <p><b>Target Group:</b> Adults, male and female. Covers the municipality of Glenorchy.</p> <p><b>Referral via:</b> GP, HP or self for Psychologists. Referral via GP for appointment with Psychiatrist.</p> <p><b>Waiting List:</b> 2 weeks to 2 months. Longest for Psychiatrist.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A</p> <p><b>Fees:</b> Rebates only if hospitalised.</p>

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE	
<p><b>Angela Josephs</b> <b>Senior Clinical Psychologist</b></p> <p><b>Dr Fiona Wagg</b> <b>Child &amp; Adolescent Psychiatrists</b></p> <p><b>Social Workers, Clinical Nurse Specialists &amp; Family Therapy Team.</b></p> <p>Clare House Child and Adolescent Mental Health Service, DHHS 26 Clare St NEW TOWN TAS 7008</p> <p>Telephone: (03) 6233 8612 Fax: (03) 6228 0090</p> <p>Email: <a href="mailto:clare.house@dhhs.tas.gov.au">clare.house@dhhs.tas.gov.au</a></p>	<p><b>Main service offered:</b> Short term and long term individual counselling. (Several years if necessary).</p> <p><b>Counselling Style:</b> CBT, interpersonal, psychotherapy. Supportive and insight oriented psychotherapy. Multidisciplinary approach working with Paediatrician, Social Worker and may subscribe medication as an adjunct to therapy. Liases with RHH Paediatric Ward and refers to nutritional counselling. Offers separate therapist for family members.</p> <p><b>Other services offered:</b> Family therapy and support; group therapy; medical assessment; pharmacology therapy; and liaison with health professionals, RHH, Paediatric ward etc. Support group for adolescent girls with Anorexia.</p> <p><b>Target Group:</b> Children and Adolescents (&lt;18).</p> <p><b>Referral via:</b> GP or HP.</p> <p><b>Waiting List:</b> Varies, 2 – 4 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Use Royal Hobart Hospital for extended hours service.</p> <p><b>Fees:</b> No fee.</p>

**Psychological Therapy Continued**

<b>HOSPITAL INPATIENT AND OUTPATIENT PSYCHIATRIST (Public)</b>	
<p><b>Dr Milford McArthur, Psychiatrist</b></p> <p>Department of Psychological Medicine Royal Hobart Hospital 48 Liverpool St HOBART TAS 7000</p> <p>Telephone: (03) 6222 8805 Fax: (03) 6234 7889</p>	<p><b>Main service offered:</b> Short and long term individual counselling.  <b>Counselling Style:</b> Self-psychology for in and out patients.  <b>Other services offered:</b> Psychopharmacological therapy  <b>Target Group:</b> Adults, male and female.  <b>Referral via:</b> GP.  <b>Waiting List:</b> 1 to 2 months.  <b>Hours:</b> Business hours Monday to Thursday.  <b>After hours:</b> N/A.  <b>Fees:</b> No fee.</p>

<b>PSYCHIATRISTS (Private)</b>	
<p><b>Dr Catherine Stringer</b></p> <p>436 Elizabeth Street NORTH HOBART TAS 7000</p> <p>Postal address: PO Box 141 NORTH HOBART TAS 7000</p> <p>Telephone: (03) 6234 1344 Fax: (03) 6234 9473</p>	<p><b>Main service offered:</b> Short and long term individual counselling.  <b>Counselling Style:</b> Eclectic.  <b>Other services offered:</b> Family therapy and pharmacological therapy.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> GP.  <b>Waiting List:</b> More than 2 months.  <b>Hours:</b> Business hours Monday to Friday.  <b>After hours:</b> Rarely.  <b>Fees:</b> Medicare Scheduled fees.</p>

## SOUTHERN TASMANIA

### Psychological Therapy Continued

HOSPITAL INPATIENT AND OUTPATIENT PSYCHOLOGIST	
<p><b>Shirin Fernandez</b> <b>Clinical Psychologist</b></p> <p>Department of Psychological Medicine Royal Hobart Hospital 48 Liverpool St HOBART TAS 7000</p> <p>Telephone: (03) 6222 8188 Fax: (03) 6234 7889</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT and interpersonal psychotherapy for in and out patients.</p> <p><b>Other services offered:</b> N/A. <b>Target Group:</b> All ages, male and female. <b>Referral via:</b> GP, HP or self. <b>Waiting List:</b> 3 weeks. <b>Hours:</b> Monday pm and Tuesday 9am-5pm. <b>After hours:</b> N/A. <b>Fees:</b> No fee.</p>

UNIVERSITY PSYCHOLOGISTS	
<p><b>Dr Elaine Hart</b></p> <p>University Psychology Clinic Churchill Rd Sandy Bay Tas 7005</p> <p>Postal address: Private Bag 30 HOBART TAS 7001</p> <p>Telephone: (03) 6226 2805 Fax: (03) 6226 7249</p>	<p><b>Main service offered:</b> Short term individual counselling, 4-6 months. <b>Counselling Style:</b> CBT, interpersonal psychotherapy. Approach is tailored to suit individual needs. Both the Director and Psychology students counsel clients.</p> <p><b>Other services offered:</b> N/A. <b>Target Group:</b> Males and females over 18 years of age. <b>Referral via:</b> GP, HP or self. <b>Waiting List:</b> Two to four weeks. <b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> Clients can access the mental health after hours service. <b>Fees:</b> No fee.</p>
<p><b>Linda Burrows</b> <b>University Counselling Service</b></p> <p>University Student Services Churchill Rd SANDY BAY TAS 7005</p> <p>Postal address: GPO Box 252-02 HOBART TAS 7001</p> <p>Telephone: (03) 6226 2697 Fax: (03) 6226 2059</p>	<p><b>Main service offered:</b> Short term individual counselling. <b>Counselling Style:</b> CBT, Interpersonal Psychotherapy, eclectic and solution-focused.</p> <p><b>Target Group:</b> University students, all ages. <b>Referral via:</b> GP, HP, self and other. <b>Waiting List:</b> One to two weeks. <b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> Telephone counselling Wed and Thurs 5 – 6.30pm. Appointment required. <b>Fees:</b> No fee.</p>

**Psychological Therapy Continued**

<b>PSYCHOLOGISTS (Private)</b>	
<p><b>Roslyn Badcock</b></p> <p>Sorell Medical Centre 42 Cole St SORELL TAS 7172 Telephone: (03) 6265 2341</p> <p>The Bay Centre 13 Bayfield St ROSNY TAS 7018 Telephone: (03) 62 44 6144</p> <p>Eastern Audiology Services 1a 120 Cambridge Road BELLRIEVE TAS 7018 Telephone: (03) 6244 1993</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT, hypnotherapy and Eye Movement Desensitisation and Repression (EMDR).</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP, HP and self. <b>Waiting List:</b> Less than one week. <b>Hours:</b> Monday to Friday. <b>After hours:</b> N/A. <b>Fees:</b> APS rates with discount for payment on the day.</p>
<p><b>Marie-Louise Craske</b></p> <p>24 Wellington Rd LINDISFARNE TAS 7015</p> <p>Telephone: (03) 6243 9362 Fax: (03) 6243 1100</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT.</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP, HP and Self. <b>Waiting List:</b> Less than 1 week. <b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> Occasional A/H service. <b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Robert Davis</b></p> <p>1 Moss Park Drive WEST MOONAH TAS 7009</p> <p>Telephone &amp; Fax: (03) 6228 7753</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT and eclectic.</p> <p><b>Other services offered:</b> Family therapy.</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP and HP. <b>Waiting List:</b> Variable: less than 1 week to 1 to 2 weeks. <b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> Exceptions made on weekends for urgent cases. <b>Fees:</b> Private Health Insurance Rebate or no rebate.</p>
<p><b>Anne FitzGerald</b></p> <p>Merse, FitzGerald &amp; Nichols St Johns Campus, Calvary Hospital 30 Cascade Road SOUTH HOBART TAS 7004</p> <p>Telephone: (03) 6442 5288</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT and eclectic.</p> <p><b>Other services offered:</b> Family Therapy.</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP and HP. <b>Waiting List:</b> 1 to 2 weeks. <b>Hours:</b> Monday, Wednesday and Friday. <b>After hours:</b> N/A <b>Fees:</b> No rebate.</p>

**Psychological Therapy Continued**

<b>PSYCHOLOGISTS (Private) - Continued</b>	
<p><b>Stephen Josephs</b></p> <p>The Psychology centre 81 Princes Street SANDY BAY TAS 7005</p> <p>Telephone: (03) 6223 1138 Fax: (03) 6223 1349</p> <p>Email: <a href="mailto:smalpsych@bigpond.com">smalpsych@bigpond.com</a></p>	<p><b>Main service offered:</b> Long term individual counselling (several years if necessary).</p> <p><b>Counselling Style:</b> CBT, Interpersonal psychotherapy.</p> <p><b>Other services offered:</b> Family therapy; liaison with other health professionals, schools etc.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP or self.</p> <p><b>Waiting List:</b> Approximately 2 weeks.</p> <p><b>Hours:</b> Business hours, Monday to Friday.</p> <p><b>After hours:</b> If necessary.</p> <p><b>Fees:</b> Private health Rebate.</p>
<p><b>Sabina Lane</b> <b>Health Psychologist</b></p> <p>197a Macquarie Street HOBART TAS 7000</p> <p>Telephone: (03) 6224 6604</p>	<p><b>Main service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> CBT and eclectic.</p> <p><b>Other services offered:</b> Hypnosis.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP or self.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> Wednesdays and Fridays.</p> <p><b>After hours:</b> Available by arrangement.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Rosemary Laver</b></p> <p>1<sup>st</sup> floor White House 147 Sandy Bay Road SANDY BAY TAS 7005</p> <p>Telephone: (03) 6223 1046 Fax: (03) 6225 3455</p>	<p><b>Main service offered:</b> Short term individual counselling (4 - 6 consults) and long term counselling as necessary.</p> <p><b>Counselling Style:</b> Uses a combination of CBT and eclectic, hypnosis and EMDR used where appropriate.</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP and self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Tuesday, Wednesday and Thursday 9am to 6pm.</p> <p><b>After hours:</b> N/A</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Jan Lee</b></p> <p>105/86 Murray St Hobart Tas 7000</p> <p>Postal Address: GPO Box 2080 HOBART TAS 7001</p> <p>Telephone: (03) 6223 5700 Fax: (03) 6223 5755</p> <p>Email: <a href="mailto:leepage@netspace.net.au">leepage@netspace.net.au</a></p>	<p><b>Main service offered:</b> Short term individual counselling.</p> <p><b>Counselling Style:</b> CBT, interpersonal, solution oriented, bioenergetics, narrative and hypnosis.</p> <p><b>Other services offered:</b> Family Therapy.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP and self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Sometimes.</p> <p><b>Fees:</b> N/A.</p>

**Psychological Therapy Continued**

<b>PSYCHOLOGISTS (Private) - Continued</b>	
<p><b>Kate Savage</b></p> <p>PO Box 291 SANDY BAY TAS 7005</p> <p>Telephone: (03) 6221 6424</p>	<p><b>Main service offered:</b> Short and long term individual counselling as appropriate.</p> <p><b>Counselling Style:</b> CBT</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> Adults, male and female.</p> <p><b>Referral via:</b> GP, HP or self.</p> <p><b>Waiting List:</b> One to two weeks.</p> <p><b>Hours:</b> Monday to Friday as required.</p> <p><b>After hours:</b> Saturday mornings.</p> <p><b>Fees:</b> Private health Insurance rebate.</p>
<p><b>Ann Stark</b></p> <p>The Psychology Centre 81 Princes St SANDY BAY TAS 7005</p> <p>Telephone: (03) 6223 1138 Fax: (03) 6223 1349</p>	<p><b>Main service offered:</b> Short and long term individual therapy.</p> <p><b>Counselling Style:</b> CBT. Where possible and appropriate, takes on a whole family approach working with the individual within a family context. Emphasis is placed not only on eating behaviour and body image but particularly on issues of independence, communication and relationships.</p> <p><b>Other services offered:</b> Family therapy.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP and self.</p> <p><b>Waiting List:</b> Usually less than 1 week.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> A/H service in emergencies only.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Dr Harry Stanton</b></p> <p>Sonning Clinic 12 Sonning Crescent SANDY BAY TAS 7005</p> <p>Telephone: (03) 6225 1910 Fax: (03) 6225 5093</p> <p>Email: <a href="mailto:hstanton@ozemail.com.au">hstanton@ozemail.com.au</a></p>	<p><b>Service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> Uses combination of CBT, eclectic, hypnotherapy and Neuro-linguistic Programming.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP and self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Available by arrangement.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Margaret Stoklosa, MA</b></p> <p>Family Psychological Services 205 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6224 8881 Fax: (03) 6224 8871</p>	<p><b>Main service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> CBT, eclectic, psychodynamic, behavioural, Gestalt and Ericksonian hypnosis.</p> <p><b>Other services offered:</b> Family Therapy.</p> <p><b>Target Group:</b> Children and adolescents, adults, females.</p> <p><b>Referral via:</b> GP, HP, self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Monday, Tuesday and Thursday.</p> <p><b>After hours:</b> No.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>

## Psychological Therapy Continued

PSYCHOLOGISTS (Private) - Continued	
<p><b>Christine Weaver</b></p> <p>Hobart Narrative Centre PO Box 160 NORTH HOBART TAS 7002</p> <p>Telephone: (03) 6231 6872 Fax: (03) 6231 9260</p>	<p><b>Main service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> Narrative.</p> <p><b>Other services offered:</b> Family therapy.</p> <p><b>Target Group:</b> All ages, male and female. Sees clients in initial stages of eating disorders.</p> <p><b>Referral via:</b> GP, Health Professional, Self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Tuesday to Friday.</p> <p><b>After hours:</b> Not available.</p> <p><b>Fees:</b> No Rebate.</p>

COUNSELLORS	
<p><b>Hobart Women's Health Centre</b></p> <p>25 Lefroy Street HOBART TAS 7000</p> <p>Postal address: PO Box 248 NORTH HOBART TAS 7002</p> <p>Email: <a href="mailto:info@hwbc.com.au">info@hwbc.com.au</a></p> <p>Telephone: (03) 6231 3212 Fax: (03) 6236 9449</p>	<p><b>Main services offered:</b> Drop in centre. Crisis support and referral for a wide range of areas including emotional health, sexuality, and older women's health issues. Workshops and groupwork eg. Assertiveness, stress management, alternative therapies. Education, training and promotional campaigns. Library of women's health information. Women.</p> <p><b>Other services offered:</b> General Practice clinic offering half hour appointments and bulkbilling.</p> <p><b>Target group:</b> Women.</p> <p><b>Waiting list:</b> One to two weeks for GP.</p> <p><b>Hours:</b> Monday to Thursday 9.15 – 4pm. (Closed Friday).</p> <p><b>After hours:</b> No.</p> <p><b>Fees:</b> Bulkbilling for GP.</p>
<p><b>Jenny Ejlak</b></p> <p>Af-x® Release Therapy 250 Murray Street HOBART TAS 7000</p> <p>Telephone: 0439 435 560</p>	<p><b>Main service offered:</b> 3-session individual program.</p> <p><b>Counselling Style:</b> Af-x® works to change the long-term emotional patterns that underlie problems such as eating disorders. For more information see <a href="http://www.emotionsinbalance.com">www.emotionsinbalance.com</a></p> <p><b>Target Group:</b> Teenagers and adults.</p> <p><b>Referral via:</b> Self.</p> <p><b>Waiting list:</b> Appointments usually available within 2 weeks.</p> <p><b>Hours:</b> Business hours.</p> <p><b>After hours:</b> Yes, by arrangement.</p> <p><b>Fees:</b> No Private Health Insurance Rebate.</p>

## SOUTHERN TASMANIA

### Psychological Therapy Continued

RELATED COUNSELLING SERVICES	
<p><b>Good Beginnings Australia</b></p> <p>6 Washington Street SOUTH HOBART TAS 7004</p> <p>Telephone: (03) 6223 5810 Fax: (03) 6223 8284</p>	<p><b>Services offered:</b> Support and volunteer home visiting program for families (with at least 1 child under age of 5). Works to address issues that impact on parenting, including eating disorders.</p> <p><b>Target Group:</b> Mainly target children under 5 years.</p> <p><b>Referral via:</b> GP, HP, self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Flexible outreach services.</p> <p><b>Fees:</b> No fee.</p>
<p><b>The Link Youth Health Service</b></p> <p>57 Liverpool Street HOBART TAS 7000</p> <p>Postal address: GPO Box 844 HOBART TAS 7001</p> <p>Telephone: (03) 6231 2927 Fax: (03) 6231 3908</p>	<p><b>Main service offered:</b> Provides an information, advocacy, support and referral service for young people re. health issues. Also short and long term individual counselling for youth issues eg. housing, income, legal, sexuality etc. Offer assessment and referral for people with eating problems.</p> <p><b>Counselling Style:</b> Eclectic and Cognitive/behavioural.</p> <p><b>Other services offered:</b> Referral to other services eg. Complimentary therapies.</p> <p><b>Target Group:</b> Males and females 12 – 24 years of age.</p> <p><b>Referral via:</b> GP, HP, self or other (friend/parent). Less than 1 week.</p> <p><b>Waiting List:</b> 10 am – 4.30pm Monday to Thursday, 1 – 4.30pm Friday.</p> <p><b>Hours:</b> Not available.</p> <p><b>After hours:</b> No fee.</p> <p><b>Fees:</b></p>
<p><b>Kids Help Line</b></p> <p>PO Box 2000 MILTON QLD 4064</p> <p>Email: <a href="mailto:admin@kidshelp.com.au">admin@kidshelp.com.au</a></p> <p>Telephone: 1800 551 800 Fax: (07) 3367 1266</p>	<p><b>Service offered:</b> 24 hour free phone counselling service.</p> <p><b>Counselling Style:</b> Child centred practice and empowerment.</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> Children and adolescents under 18.</p> <p><b>Referral via:</b> Self.</p> <p><b>Waiting List:</b> N/A</p> <p><b>Hours:</b> 24 hour service, 7 days per week.</p> <p><b>Fees:</b> No fee.</p>
<p><b>Lifeline Hobart Inc</b></p> <p>160 New Town Rd NEW TOWN TAS 7008</p> <p>Email: <a href="mailto:info.south@lifelinetasmania.com.au">info.south@lifelinetasmania.com.au</a></p> <p>Telephone: 13 11 14 (Telephone Counselling) (03) 6228 0313 (office) Fax: (03) 6228 4348</p>	<p><b>Main service offered:</b> 24 hour crisis phone counselling staffed by trained volunteers.</p> <p><b>Counselling Style:</b> Eclectic.</p> <p><b>Other services offered:</b> N/A</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP, self or other (friend).</p> <p><b>Hours:</b> 24 hours, 7 days per week crisis phone service.</p> <p><b>Fees:</b> No Fee (only the cost of a local call all over Tasmania).</p>

## Psychological Therapy Continued

<b>RELATED COUNSELLING SERVICES - Continued</b>	
<p><b>SASS (Sexual Assault Support Service).</b></p> <p>Telephone: (03) 6231 1811 After hours crisis line: (03) 6231 1817 (24 hour telephone access).</p> <p>Internet: <a href="http://www.sass.org.au">www.sass.org.au</a></p>	<p><b>Main service offered:</b> 24 hour crisis counselling and support service for women and men who have experienced rape, sexual assault, incest.</p> <p><b>Counselling Style:</b> Use an eclectic approach, often narrative based.</p> <p><b>Other services offered:</b> Offer groups that focus on sexual assault issues, and one to one counselling.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> Self.</p> <p><b>Waiting List:</b> Varies. Approx 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> 24-hour crisis service.</p> <p><b>Fees:</b> No fee.</p>
<p><b>SHE (Support, Help and Empowerment)</b></p> <p>Telephone: (03) 6278 9090</p>	<p><b>Service offered:</b> Support service for women in and from abusive relationships.</p> <p><b>Counselling Style:</b> One to one counselling, narrative and solution focused blend. Will refer clients to Women's Health Centre if requested by client.</p> <p><b>Target Group:</b> Females 14 years and over.</p> <p><b>Referral via:</b> 50% self refer or get referrals from lawyers and GPs.</p> <p><b>Waiting List:</b> One to two weeks for appointment.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>
<p><b>Holyoake Tasmania Inc</b></p> <p>127 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6224 1777 Fax: (03) 6224 2777</p>	<p><b>Service offered:</b> Offers support to people affected by another person's past or present addiction (eg. to alcohol, drugs, gambling or any other form of addictive behaviour). Also offers a program for young people who have offended or who are "at risk" of offending where drugs and/or alcohol are contributing. Education, groups and individual counselling are offered. Counselling is short term, 6 – 12 weeks.</p> <p><b>Counselling Style:</b> Rational, emotive behaviour therapy.</p> <p><b>Other services offered:</b> Group Therapy.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP and self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Evening groups.</p> <p><b>Fees:</b> Fee negotiable depending on income.</p>

## Psychological Therapy Continued

<b>RELATED COUNSELLING SERVICES - Continued</b>	
<p><b>Youth Health South, DHHS</b> Social workers and Community nurses.</p> <p><b>The Youth Health South Outreach Team</b> <i>and</i> <b>Pulse Youth Health Centre</b></p> <p>2 Terry Street GLENORCHY TAS 7010</p> <p>Postal address: PO Box 250 GLENORCHY TAS 7010</p> <p>Telephone: (03) 6233 8900 Fax: (03) 6233 8797</p> <p>Email: <a href="mailto:pulse@dhhs.tas.gov.au">pulse@dhhs.tas.gov.au</a></p>	<p><b>Main service offered:</b> Provide short term support/counselling to young people with eating disorders or those who are at risk of developing eating disorders.</p> <p><b>Counselling Style:</b> Eclectic, strengths based, solution focused.</p> <p><b>Other services offered:</b> Medical assessment available by GP at Pulse. Can assist teachers and students in school settings to support young people with eating problems/body image issues. Can offer group programs based on the needs of the young people.</p> <p><b>Target Group:</b> Young people between 12-24 years.</p> <p><b>Referral via:</b> GP, HP, Self or other.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> Monday to Friday 9 – 5pm.</p> <p><b>After hours:</b> No.</p> <p><b>Fees:</b> Bulkbilling/public.</p>
<p><b>Arwen McCutcheon and Stephen De Lai</b> <b>Adolescent Mediation and Family Therapy Service.</b></p> <p>Options Family Mediation Centre 18 Watchorn Street HOBART TAS 7001</p> <p>Postal address: GPO Box 1620 HOBART TAS 7001</p> <p>Telephone: (03) 6231 4739 Or 1800 243 232 Fax: (03) 6234 8457</p>	<p><b>Service offered:</b> Short or long term counselling depending on clients needs and wishes. Offers a safe, neutral environment which assists young people and their parents/carers to solve problems, reach new agreements and improve relationships.</p> <p><b>Counselling Style:</b> CBT, eclectic, client-centred, art therapy, movement therapy, narrative therapy, mediation, empowerment, brief therapy.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP, self and other.</p> <p><b>Waiting List:</b> 2 to four weeks, sometimes less.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Based on ability to pay. No charge for pension and/or Health Care Card holders.</p>

## Psychological Therapy Continued

SCHOOL COUNSELLING SERVICES – DEPARTMENT OF EDUCATION	
<p><b>Clusters and co-ordinating Principals:</b></p> <p><b>Channel cluster</b> Peter Osbourne, Blackmans Bay Primary.      Ph: (03) 6229 6637</p> <p><b>Derwent Valley cluster</b> Anker Fuglsang, New Norfolk Primary.      Ph: (03) 6261 2488</p> <p><b>Eastern Clarence cluster</b> Michael Woods, Lauderdale Primary.      Ph: (03) 62486270</p> <p><b>Glenorchy cluster</b> Malcolm Elliott, Cosgrove High.      Ph: (03) 6212 3222</p> <p><b>Hobart cluster</b> Sharyn Gill, Campbell Street Primary.      Ph: (03) 6234 4950</p> <p><b>Huon cluster</b> Rob Banfield, Huonville Primary.      Ph: (03) 6264 1064</p> <p><b>Jordan River cluster</b> David Forshaw, Bridgewater High.      Ph: (03) 6234 1064</p> <p><b>Midlands South cluster</b> Tony Fagan, Brighton Primary.      Ph: (03) 6268 1231</p> <p><b>Rose Bay/Gilston Bay cluster</b> Stephen Mannering, Rose Bay High.      Ph: (03) 6243 8511</p> <p><b>Taroona cluster</b> Suzanne Scott, Princes Street Primary.      Ph: (03) 62438511</p> <p><b>Tasman/East Coast cluster</b> Mick Sheehan, Sorell District High.      Ph: (03) 6269 1100</p>	<p>Schools in the Southern region are divided into 11 clusters, each with their own co-ordinating Principal. Most schools offer guidance officers and/or school social workers/student counsellors.</p> <p>Make enquiries with your school or contact the relevant district cluster about what guidance, social work or psychological services are available.</p>

**Psychological Therapy Continued**

<b>SOCIAL WORKERS IN COMMUNITY HEALTH</b>		
<b>Department of Health and Human Services</b>		These Community Health Centres employ Social Workers.
<b>Brighton Community Health Centre</b>	Ph: (03) 6268 4240	Community Health Social Workers offer short term individual counselling, (including telephone counselling and home visits) and group programs on a variety of health and related issues.  They can also assist you to find out what services are available in your local area.  If there is no Community Health Centre in your local area contact the nearest Health Centre as they may provide a visiting counselling service to your area, or they can refer you to the most appropriate local service.  The following Centres / Districts have visiting Social Workers: Dover Multipurpose Centre, Huonville Health Centre, Tasman Community Health Centre (Nubeena), Springbay Community & Health Centre (Triabunna), Oatlands Multipurpose Health Centre, Central Highlands (Ouse Community Health), Derwent Valley municipalities.
<b>Bruny Island Community Health Centre</b>	Ph: (03) 6293 1143	
<b>Clarence Community Health Centre</b>	Ph: (03) 6211 4504	
<b>Clarence Plains Community Health Centre</b>	Ph: (03) 6214 6035	
<b>Cygnet Community Health Centre</b>	Ph: (03) 6295 1235	
<b>Glenorchy Community Health Centre</b>	Ph: (03) 6233 8900	
<b>Hobart Community Health (Repat Centre)</b>	Ph: (03) 6222 7606	
<b>Huon Valley Community Health Centre</b>	Ph: (03) 6264 2577	
<b>Kingston Community Health Centre</b>	Ph: (03) 6211 8520	
<b>New Norfolk Community Health Centre</b>	Ph: (03) 6261 3461	
<b>Risdon Vale Community Health Centre</b>	Ph: (03) 6211 4600	
<b>Spring Bay Community Health Centre</b>	Ph: (03) 6257 3356	

## SOUTHERN TASMANIA

### Medical Management

GENERAL PRACTITIONERS	
<p><b>Dr Ian Crawford</b></p> <p>1 De Witt St BATTERY POINT TAS 7004</p> <p>Telephone: (03) 6234 9511 Fax: (03) 6234 9580</p>	<p><b>Main service offered:</b> Medical management.</p> <p><b>Other services offered:</b> Counselling &amp; nutrition advice.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> Available.</p> <p><b>Fees:</b> N/A</p>
<p><b>Dr Annette Hackett</b></p> <p>Cygnnet Medical Centre 2 George Street CYGNET TAS 7112</p> <p>Telephone: (03) 6295 1999 Fax: (03) 6295 1999</p>	<p><b>Service offered:</b> Short term medical management while organising ongoing medical care.</p> <p><b>Counselling Style:</b> Limited CBT.</p> <p><b>Target Group:</b> All ages, females and males.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> Monday and Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Bulkbilling.</p>
<p><b>Dr Janiel Hall</b></p> <p>Newdegate St Health Centre 107 Newdegate St WEST HOBART TAS 7000</p> <p>Telephone: (03) 6231 4109 Fax: (03) 6236 9442</p>	<p><b>Service offered:</b> Short or long term medical management depending on the severity.</p> <p><b>Counselling Style:</b> Eclectic.</p> <p><b>Target Group:</b> Female children and adolescents &lt;18.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Bulkbilling.</p>
<p><b>Dr Elizabeth Davis</b></p> <p>Grosvenor St General Practice 57 Grosvenor St SANDY BAY TAS 7005</p> <p>Telephone: (03) 6224 1944 Fax: (03) 6224 1946</p>	<p><b>Main service offered:</b> Medical management.</p> <p><b>Other services offered:</b> Counselling.</p> <p><b>Hours:</b> Monday to Friday 8.30am – 6pm.</p> <p><b>After hours:</b> Open Saturday 9.30am – 12noon and Sunday 9.30am – 11am (but not for counselling).</p> <p><b>Fees:</b> Bulkbilling for pensioners, students and Health Care Card holders. Standard consultation fee for others.</p>
<p><b>Dr Frank Meumann</b></p> <p>24-25 Claremont Village Shopping Centre CLAREMONT TAS 7011</p> <p>Telephone: (03) 6249 1311</p>	<p><b>Service offered:</b> Short and long term medical management and counselling.</p> <p><b>Counselling Style:</b> Interpersonal psychotherapy and hypnotherapy.</p> <p><b>Waiting List:</b> One to two weeks.</p> <p><b>Hours:</b> Monday and Friday pm.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>

**Medical Management Continued**

<b>GENERAL PRACTITIONERS - Continued</b>	
<p><b>Dr Juliet Tate</b></p> <p>Newdegate St Health Centre 107 Newdegate St West Hobart Telephone: (03) 6231 4109</p> <p>Pulse Youth Health Centre (PYHC) 2 Terry St Glenorchy Telephone: (03) 6233 8900</p>	<p><b>Main service offered:</b> Short or long term medical management depending on the severity.</p> <p><b>Counselling Style:</b> CBT and interpersonal psychotherapy.</p> <p><b>Other services offered:</b> Pharmacological therapy. PYHC offers nurse, social work and other support for young people.</p> <p><b>Target Group:</b> All ages, females and males.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Part time on Tuesday, Wednesday and Thursday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Bulkbilling at Pulse Youth Health Centre (PYHC).</p>
<p><b>Dr Helen Ward MacCana</b></p> <p>City Doctors and University Doctors Surgery GPO Box 252-13 HOBART TAS 7001</p> <p>Telephone: (03) 6226 2102 Fax: (03) 6226 7177</p>	<p><b>Service offered:</b> Short-term initial assessment. Follow up medical management.</p> <p><b>Counselling Style:</b> CBT and interpersonal psychotherapy.</p> <p><b>Other services offered:</b> Pharmacotherapy if necessary.</p> <p><b>Target Group:</b> Females all ages.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> Monday to Friday 9am – 5.30pm.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Bulkbilling for Health Care Card holders. Student fee for university students. No bulkbilling at City Doctors practice.</p>

## SOUTHERN TASMANIA

### Hospital Inpatient Services

HOSPITAL INPATIENT SERVICES (Public)	
<p><b>Relevant Psychiatrist and Physician</b></p> <p>Department of Psychological Medicine or General Medical Ward Royal Hobart Hospital 48 Liverpool St HOBART TAS 7000</p> <p>Telephone: (03) 6222 8805 Fax: (03) 6234 7889</p>	<p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP or Department of Emergency Medicine to be admitted to either the psychiatric or general medical ward for treatment.</p>
<p><b>Nurse Manager, Paediatricians and Dietitian</b></p> <p>Paediatric Ward Royal Hobart Hospital 48 Liverpool St HOBART TAS 7000</p> <p>Telephone: (03) 6222 8477</p>	<p><b>Target Group:</b> Children and adolescents (&lt; 20). <b>Referral via:</b> GP, Paediatrician or via Department of Emergency Medicine.</p>

HOSPITAL INPATIENT SERVICES (Private)	
<p><b>The Hobart Clinic (Psychiatry)</b> <b>Jim Pearson, Director of Nursing</b></p> <p>The Hobart Clinic 31 Chipmans Rd ROKEBY TAS 7019</p> <p>Telephone: (03) 6247 9960 Fax: (03) 6247 8675</p> <p>Email: <a href="mailto:jpearson@thehobartclinic.com.au">jpearson@thehobartclinic.com.au</a></p>	<p><b>Main service offered:</b> Short term and long term individual counselling. Hospital based.</p> <p><b>Counselling Style:</b> CBT, eclectic, ICT, and other depending on the individuals needs.</p> <p><b>Other services offered:</b> Dietetic/nutrition counselling through private arrangement, group therapy, family therapy (with psychologist), medical assessment and pharmacological therapy.</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP. <b>Waiting List:</b> Less than 1 week. <b>Hours:</b> Available 7 days per week. <b>After hours:</b> To inpatients. <b>Fees:</b> Private Health Insurance Rebates.</p>

**Hospital Inpatient Services Continued**

<b>HOSPITAL INPATIENT SERVICES (Private) - Continued</b>		
<p><b>Kate Savage and Joanne Hunter (Clinical psychologists)</b></p> <p>Eating Disorders Day Program St Helens Private Hospital 186 Macquarie St HOBART TAS 7000</p> <p>Telephone: (03) 6221 6444 Fax: (03) 6223 4594</p>	<p><b>Main service offered:</b></p> <p><b>Counselling Style:</b></p> <p><b>Other services offered:</b></p> <p><b>Target Group:</b></p> <p><b>Referral via:</b></p> <p><b>Waiting List:</b></p> <p><b>Hours:</b></p> <p><b>After hours:</b></p> <p><b>Fees:</b></p>	<p>The program is individualised to meet each client's needs and aims to promote recovery of physical and emotional wellbeing in a supportive environment.</p> <p>Ongoing inpatient day program, short and long term individual counselling as appropriate.</p> <p>Uses CBT. Program runs 1 day per week and focuses on cognitive strategies for relapse prevention.</p> <p>Dietetic/nutrition counselling; group therapy; medical assessment and pharmacological therapy. Outpatient follow-up negotiated once discharged from the inpatient unit.</p> <p>Adults (&gt;16yrs), male and female. GP.</p> <p>Less than 1 week.</p> <p>24hours, 7 days per week.</p> <p>As appropriate.</p> <p>Private health Insurance rebate.</p>
<p><b>Other Private Hospitals</b> Consultant physicians may admit clients to other private hospitals.</p>		

## SOUTHERN TASMANIA

### Nutrition Education and Counselling

DIETITIANS	
<b>Klara Favaloro</b>  Bellerive Physiotherapy & Sport Centre 6 Bayfield Street ROSNY PARK TAS 7018  Telephone: (03) 6244 7117 Fax: (03) 6244 7951	<b>Main service offered:</b> Individual nutrition education and counselling, short and long term. <b>Target Group:</b> All ages, male and female. <b>Referral via:</b> GP, HP or self. <b>Waiting List:</b> 1 to 2 weeks. <b>Hours:</b> Every second Thursday. <b>After hours:</b> N/A. <b>Fees:</b> Private Health Insurance Rebates apply depending on the level of cover and the fund.

## SOUTHERN TASMANIA

### Support Groups and Group Programs

<p><b>Bulimia Group</b></p> <p>The University Psychology Clinic Churchill Rd SANDY BAY TAS 7005</p> <p>Telephone: (03) 6226 2805 Fax: (03) 6226 2883</p>	<p>Group run twice per year on demand by Psychologists and Dietitian</p> <p>Open to females and males over 18 years of age</p>	<p>A 6-week structured program for people with Bulimia Nervosa. The group aims to assist participants to minimise symptoms and explore new ways of coping with Bulimia. Strategies include exploring and challenging thought processes and addressing body image concerns.</p>
<p><b>Food, Fads &amp; Feelings Program</b> (An eating awareness &amp; body image program for women)</p> <p>C/- Community Nutrition Unit 3<sup>rd</sup> Floor Peacock Building Repatriation Centre 90 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222 Fax: (03) 6222 7252</p>	<p>Open to women over 18 years of age</p>	<p>A 9-week "Foods, Fads, and Feelings" course for women with disordered eating problems. The group aims to support women to normalise eating, understand the emotional and social issues that affect their eating habits and body image, and increase self acceptance and self esteem.</p> <p>To be included on the waiting list or for further information contact the Community Nutrition Unit.</p>
<p><b>Support Group for Family and Friends of People with Eating Disorders.</b></p>	<p>Denise &amp; Gerard Frost: Ph: (03) 6247 6815 or</p> <p>Lyndon &amp; Jill Stephenson: Ph: (03) 6225 2948 or</p> <p>Shirin Fernandez: Ph: (03) 6222 8188</p>	<p>Free monthly meetings to share feelings and information. Education provided by guest speakers including sufferers, psychiatrists, psychologists, dietitians and GPs.</p> <p>3<sup>rd</sup> Tuesday of each month 7.30 – 9.00 pm at Royal Hobart Hospital, Lower Ground Floor 'A' Block, Campbell Street entrance.</p>

#### INTERSTATE OUTPATIENT CLINICS

<p><b>Belinda Dalton (Director)</b></p> <p>The Oak House PO Box 210 SURREY HILLS VIC 3127</p> <p>Telephone: (03) 9888 4737 Fax: (03) 9888 4797</p> <p>Email: <a href="mailto:info@theoakhouse.com.au">info@theoakhouse.com.au</a></p>	<p><b>Main service offered:</b> Short and long term individually tailored recovery programs to suit each client.</p> <p><b>Counselling Style:</b> CBT, Interpersonal psychotherapy, Eclectic counselling, Narrative, Person-centred.</p> <p><b>Other services offered:</b> Dietetic/nutrition counselling and family support.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> Self.</p> <p><b>Waiting List:</b> One to two weeks.</p> <p><b>Hours:</b> Monday to Friday.</p> <p><b>After hours:</b> Crisis only.</p> <p><b>Fees:</b> Private Health Insurance rebate.</p>
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## Education and Information

<p><b>Community Nutrition Unit</b></p> <p>3<sup>rd</sup> Floor Peacock Building Repatriation Centre 90 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222 Fax: (03) 6222 7252</p> <p><b>Tasmanian Eating Disorders Website:</b> <a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></p>	<p>Community education campaigns eg Body Image and Eating Disorders Awareness Week.</p> <p>Advice, resource support and training to school communities on promotion of healthy eating behaviours and positive body image.</p> <p>Training for health / community workers and the public on nutrition, healthy eating behaviours and body image.</p> <p>Library of books, research, videos &amp; newsletters for loan.</p> <p>Updates the Tasmanian Eating Disorder Website.</p>
<p><b>Tasmanian Eating Disorder Information Line (free call)</b></p> <p>Telephone: 1800 675 028 (Statewide)</p> <p>Email: <a href="mailto:womens.health@dhhs.tas.gov.au">womens.health@dhhs.tas.gov.au</a></p> <p><b>Tasmanian Eating Disorder Website:</b> <a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></p>	<p>A free and confidential information line offering basic information about eating disorders and the services. An eating disorder kit can also be sent to you.</p> <p>Monday to Friday 9am – 5pm.</p> <p>This service operates in conjunction with the Women’s Health Information Line.</p>

**Psychological Therapy**

<b>ADULT MENTAL HEALTH SERVICE</b>	
<p><b>Multidisciplinary Team Psychologist, Psychiatrist, Social Workers &amp; Community Nurses</b></p> <p>Adult Community Mental Health Team, DHHS PO Box 7517 LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6336 2185 Fax: (03) 6336 2177</p>	<p><b>Main service offered:</b> Short term individual counselling for people with mental health issues. It is an outreach service that visits people in their homes.</p> <p><b>Counselling Style:</b> CBT and eclectic.</p> <p><b>Other services offered:</b> Pharmacological therapy. Psychiatrist visits Scottsdale, St Helens and St Marys monthly. Community nurse visits George Town and east coast weekly.</p> <p><b>Target Group:</b> Adults, male and female.</p> <p><b>Referral via:</b> GP, HP and other (Psychiatric Ward LGH).</p> <p><b>Waiting List:</b> No waiting list.</p> <p><b>Hours:</b> 8.30am – 10.30pm, 7 days a week.</p> <p><b>Fees:</b> No fee.</p>

<b>CHILD AND ADOLESCENT MENTAL HEALTH SERVICE</b>	
<p><b>Multidisciplinary Team including Clinical Psychologists, Consultant Child Psychiatrist &amp; Social Workers.</b></p> <p>Child and Adolescent Mental Health Service, DHHS OAKRISE 3 Kelham St LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6336 2867 Fax: (03) 6336 2886</p>	<p><b>Main service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> CBT and narrative</p> <p><b>Other services offered:</b> Group, Family and Pharmacological Therapy.</p> <p><b>Target Group:</b> Children and Adolescents &lt;18</p> <p><b>Referral via:</b> GP, HP, self or other.</p> <p><b>Waiting List:</b> 2 to 4 weeks.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>
<p><b>“THE CORNER” Youth Health Team (Team leader, Nurses &amp; Social Worker)</b></p> <p><b>Drug and Alcohol Service (Alcohol and Drug Worker and referrals to Illicit Drug Worker)</b></p> <p><b>GP Service</b></p> <p>The Corner Youth Health Centre Cnr Wellington / Brisbane St LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6334 0800 Fax: (03) 6331 8748</p>	<p><b>Services offered:</b> Information, education support and counselling on issues such as drugs and alcohol, homelessness, relationships, sexuality, body image/self esteem, housing and accommodation, employment, suicide/depression and anything else that effects the health and wellbeing of young people. Group work and youth focussed activities. Needle availability outlet. Pregnancy testing.</p> <p><b>Counselling style:</b> Individual styles.</p> <p><b>Target Group:</b> Children and adolescents (12 - 24).</p> <p><b>Referral via:</b> GP, HP or self.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> 9am - 4.30pm Monday to Friday. Closed 12-1pm.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>

## NORTHERN TASMANIA

### Psychological Therapy Continued

HOSPITAL INPATIENT AND OUTPATIENT PSYCHIATRY	
<p><b>Psychologist and Psychiatrist</b></p> <p>Psychiatry Outpatients Department of Psychiatry Launceston General Hospital Charles Street LAUNCESTON TAS 7250</p> <p>Postal address: PO Box 1963 LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6348 7706 Fax: (03) 6348 7773</p>	<p><b>Main service offered:</b> Short and longer term individual counselling, treatment and support for people with mental disorders.</p> <p><b>Counselling Style:</b> CBT.</p> <p><b>Other services offered:</b> Nutrition counselling (from Nutrition Dept), medical assessment and pharmacological therapy. Support and information about mental disorders for families and communities.</p> <p><b>Target Group:</b> Adults, male and female.</p> <p><b>Referral via:</b> GP, HP, self and other.</p> <p><b>Waiting List:</b> 2 to 4 weeks</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>

UNIVERSITY PSYCHOLOGISTS	
<p><b>Psychologists and Social Workers.</b></p> <p>University Student Services Locked Bag 1/335 LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6324 3787 Fax: (03) 6324 3788</p>	<p><b>Service offered:</b> Short term individual counselling.</p> <p><b>Counselling Style:</b> Range of counselling approaches.</p> <p><b>Target Group:</b> University students, all ages.</p> <p><b>Referral via:</b> Self-referral.</p> <p><b>Waiting List:</b> Less than 1 week (emergency cases are seen more quickly).</p> <p><b>Hours:</b> Monday to Friday 9 – 5pm.</p> <p><b>After hours:</b> One night per week via telephone only.</p> <p><b>Fees:</b> No fee.</p>

PSYCHOLOGISTS (Private)	
<p><b>Gary Bakker</b></p> <p>76 York Street, LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6334 2759 Fax: (03) 6334 2537</p>	<p><b>Service offered:</b> Short term individual counselling.</p> <p><b>Counselling Style:</b> CBT.</p> <p><b>Target Group:</b> Adults &gt; 18, males and females.</p> <p><b>Referral via:</b> GP, HP, self.</p> <p><b>Waiting List:</b> 1 to 4 weeks.</p> <p><b>Hours:</b> Monday to Friday.</p> <p><b>After hours:</b> Thursday evenings.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Bev Ernst</b></p> <p>Workfit Tas Pty. Ltd. PO Box 1389 LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6331 7711 Fax: (03) 6331 7712</p>	<p><b>Service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> CBT and eclectic.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP, self.</p> <p><b>Waiting List:</b> Less than 2 weeks.</p> <p><b>Hours:</b> Tuesday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Private Health Insurance Rebate.</p>

**Psychological Therapy Continued**

<b>PSYCHOLOGISTS (Private) - Continued</b>	
<p><b>Sue Hanson</b>                      Hanson &amp; Associates                      PO Box 1687                      LAUNCESTON TAS 7250                        Telephone: (03) 6334 2492                      Fax: (03) 6334 8987</p>	<p><b>Service offered:</b> Short or long term, goal oriented, individual counselling.  <b>Counselling Style:</b> Psychotherapy and linked with practitioners in associated fields.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> GP, HP, self, friends, family, union, workplace, legal.  <b>Waiting List:</b> 2 to 3 weeks.  <b>Hours:</b> Monday to Friday, 8.30 –5.30.  <b>After hours:</b> As required.  <b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Lib Heyward</b>                        PO Box 1475                      LAUNCESTON TAS 7250                        Telephone: (03) 6334 3311                      Fax: (03) 6334 0203                        Email: <a href="mailto:lh@ictas.com.au">lh@ictas.com.au</a></p>	<p><b>Main service offered:</b> Short and long term individual counselling for maintenance and monitoring of the condition. Psychotherapy to identify and treat factors to foster recovery. Treatment is not available to clients in the acute phase due to a lack of psychological medical support on site.  <b>Counselling Style:</b> Interpersonal psychotherapy and CBT.  <b>Other services offered:</b> Couple/marital counselling.  <b>Target Group:</b> Adolescents 14yrs &amp; over, adult females.  <b>Referral via:</b> GP, HP, self.  <b>Waiting List:</b> 1 to 2 months.  <b>Hours:</b> Monday, Tuesday, Thursday and Friday.  <b>After hours:</b> On Tuesdays.  <b>Fees:</b> Private Health Insurance Rebate.</p>

<b>RELATED COUNSELLING SERVICES</b>	
<p><b>Laurel House                      Northern Tasmanian Sexual                      Assault Support Service</b>                        P O Box 1062                      LAUNCESTON TAS 7250                        Telephone: (03) 6334 2740</p>	<p><b>Service offered:</b> Counselling &amp; support service for people who have been sexually assaulted. Focuses on the effects of sexual assault on a person's life including eating disorders.  <b>Counselling Style:</b> Narrative approach.  <b>Other services offered:</b> Group therapy, family therapy.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> Self.  <b>Waiting List:</b> 1 to 2 weeks.  <b>Hours:</b> Monday to Friday.  <b>After hours:</b> Yes.  <b>Fees:</b> No fee.</p>



**Psychological Therapy Continued**

<b>SOCIAL WORKERS IN COMMUNITY HEALTH</b>	
<b>Department of Health and Human Services</b>	These Community Health Centres employ Social Workers.
<b>Kings Meadows Community Health Centre</b> Ph: (03) 6336 5155	Community Health Social Workers offer short term individual counselling, (including telephone counselling and home visits) and group programs on a variety of health and related issues.  They can also assist you to find out what services are available in your local area.  If there is no Community Health Centre in your local area contact the nearest Health Centre as they may provide a visiting counselling service to your area, or they can refer you to the most appropriate local service.
<b>Ravenswood Community Health Centre</b> Ph: (03) 6336 4422	
<b>Scottsdale Community Health Centre</b> Ph: (03) 6352 3455	
<b>Westbury Community Health Centre</b> Ph: (03) 6393 5800	
<b>Beaconsfield District Health Service</b> Ph: (03) 6383 1104	
<b>St Marys Community Health Centre</b> Ph: (03) 6372 2111	
<b>St Helens District Hospital</b> Ph: (03) 6376 5222	
<b>Campbell Town Community Health Centre</b> Ph: (03) 6381 1234	

## NORTHERN TASMANIA

### Medical Management

GENERAL PRACTITIONERS	
<p><b>Dr Victoria Taylor</b></p> <p>Rose Cottage Medical Centre 5 Innes Street LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6334 3622 Fax: (03) 6334 3630</p>	<p><b>Main service offered:</b> Short and long term individual counselling and medical management.</p> <p><b>Counselling Style:</b> CBT, Interpersonal Psychotherapy.</p> <p><b>Other services offered:</b> Nutrition counselling, medical assessment.</p> <p><b>Target Group:</b> All ages, males and females.</p> <p><b>Referral via:</b> GP, HP, self.</p> <p><b>Waiting List:</b> 1 to 2 weeks.</p> <p><b>Hours:</b> Monday to Friday.</p> <p><b>After hours:</b> N/A</p> <p><b>Fees:</b> Medicare rebates.</p>

### Nutrition Education and Counselling

DIETITIANS	
<p><b>Tracey Denman</b> <b>Manager, Nutrition Department</b></p> <p>Nutrition Department Launceston General Hospital Charles Street LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6348 7477 Fax: (03) 6332 7478</p>	<p><b>Main service offered:</b> Nutrition education and counselling, short and long term.</p> <p><b>Other services offered:</b> Works in conjunction with the Department of Psychiatry and Mental Health Unit as well as Oakrise Adolescent Counselling Unit.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP, self and other.</p> <p><b>Waiting List:</b> 1 to 2 weeks (emergency cases are seen more quickly).</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>
<p><b>Maree Taylor</b></p> <p>The Launceston Nutrition Centre 17 Brisbane St LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6331 9833 Fax: (03) 6334 5828</p>	<p><b>Service offered:</b> Nutrition education and counselling; CBT. Short and long term as required.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, HP, or self.</p> <p><b>Waiting List:</b> 1-2 weeks.</p> <p><b>Hours:</b> Every alternate Thursday and Friday.</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> Private Health Insurance Rebates; Medicare rebates if part of EPC.</p>

**Education and Information**

<p><b>Family, Child and Youth Health Service (North), DHHS.</b></p> <p>13 Mulgrave Street LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6336 2130 Fax: (03) 6336 2133</p>	<p><b>Main service offered:</b> Provide individual support to young people with eating disorders in the school environment.</p> <p><b>Other services offered:</b> Assist teachers and other students in positive ways to support young people with eating problems. Offer group programs on a basis of need. Assist with prevention programs.</p> <p><b>Target Group:</b> School aged.</p> <p><b>Referral via:</b> GP, HP, self or other.</p> <p><b>Waiting List:</b> Less than 1 week.</p> <p><b>Hours:</b> Business hours Monday to Friday.</p> <p><b>After hours:</b> A 24 hour parent information telephone assistance service Ph 1800 808 178</p> <p><b>Fees:</b> No fee.</p>
<p><b>Viewpoint Rehabilitation Centre</b></p> <p>52 Frankland Street LAUNCESTON TAS 7250</p> <p>Postal address: PO Box 7517 LAUNCESTON TAS 7250</p> <p>Telephone: (03) 6336 2175 Fax: (03) 6336 2177</p>	<p>Run public information forums on the last Wednesday of each month, offering education for families, carers and friends on a range of mental health problems including eating disorders.</p> <p>Bookings are essential.</p>
<p><b>Community Nutrition Unit</b></p> <p>3<sup>rd</sup> Floor Peacock Building Repatriation Centre 90 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222 Fax: (03) 6222 7252</p>	<p>Community education campaigns eg Body Image and Eating Disorders Awareness Week.</p> <p>Advice, resource support and training to school communities on promotion of healthy eating behaviours and positive body image.</p> <p>Training for health / community workers and the public on nutrition, healthy eating behaviours and body image.</p> <p>Library of books, research, videos &amp; newsletters for loan.</p>
<p><b>Tasmanian Eating Disorder Information Line (free call)</b></p> <p>Telephone: 1800 675 028</p> <p>Email: <a href="mailto:womens.health@dhhs.tas.gov.au">womens.health@dhhs.tas.gov.au</a></p> <p><b>Tasmanian Eating Disorder Website</b> <a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></p>	<p>A free and confidential information line offering basic information about eating disorders and the services. An eating disorder kit can also be sent to you.</p> <p>Telephone service operates Monday to Friday 9am – 5pm.</p> <p>This service operates in conjunction with the Women’s Health Information Line.</p>

## NORTH - WEST TASMANIA

### Psychological Therapy

ADULT MENTAL HEALTH SERVICE	
<p><b>Multidisciplinary Team</b></p> <p>Parkside Community Mental Health Team 1<sup>st</sup> Floor, Parkside 1 Strahan Street, BURNIE TAS 7320</p> <p>Postal address: PO Box 258 BURNIE TAS 7320</p> <p>Telephone: (03) 6434 6434 Fax: (03) 6434 6425</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT and eclectic. <b>Other services offered:</b> Medical assessment and pharmacological therapy.</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP, HP, self and other (family or friend). <b>Waiting List:</b> Less than 1 week to 1 to 2 weeks depending on urgency.</p> <p><b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> After hours service through Spencer Clinic (Hospital inpatient service)</p> <p><b>Fees:</b> No fee.</p>
<p><b>Multidisciplinary Team</b></p> <p>OLDAKER STREET CLINIC 34 Oldaker St, DEVONPORT TAS 7310</p> <p>Telephone: (03) 6424 4488 Fax: (03) 6424 9989</p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT, transactional analysis and eclectic. <b>Other services offered:</b> Group therapy, family therapy, medical assessment, pharmacological therapy.</p> <p><b>Target Group:</b> Adults, male and female. <b>Referral via:</b> GP, HP, self and other (family or friend). <b>Waiting List:</b> Less than 1 week to 1 to 2 weeks depending on urgency.</p> <p><b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> On call service for crisis. <b>Fees:</b> No fee.</p>

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE	
<p><b>Community Nurse, Psychiatrist, Psychologist &amp; Social Worker</b></p> <p>Child and Adolescent Mental Health Service, DHHS 7 Bourke St BURNIE TAS 7320</p> <p>Telephone: (03) 6434 7280 Fax: (03) 6434 7288</p> <p>Email: <a href="mailto:camhs.nw@dhhs.tas.gov.au">camhs.nw@dhhs.tas.gov.au</a></p>	<p><b>Main service offered:</b> Short and long term individual counselling. <b>Counselling Style:</b> CBT and eclectic. <b>Other services offered:</b> Group, family and pharmacological therapy, medical assessment.</p> <p><b>Target Group:</b> Children and adolescents (&lt;18). <b>Referral via:</b> GP, HP or self. <b>Waiting List:</b> Variable, generally less than 1 week. <b>Hours:</b> Business hours Monday to Friday. <b>After hours:</b> Referred to North West Regional Hospital. <b>Fees:</b> No fee.</p>

## NORTH - WEST TASMANIA

### Psychological Therapy Continued

UNIVERSITY PSYCHOLOGIST	
<p><b>University Student Services (Counsellor and psychologist)</b></p> <p>North West Centre (University of Tasmania) 16 - 20 Mooreville Rd BURNIE TAS 7320</p> <p>Postal address: GPO Box 447 BURNIE TAS 7320</p> <p>Telephone: (03) 6430 4947 Fax: (03) 6430 4950</p>	<p><b>Main service offered:</b> Short term individual counselling.  <b>Counselling Style:</b> CBT and interpersonal psychotherapy.  <b>Other services offered:</b> Career counselling.  <b>Target Group:</b> University students, all ages.  <b>Referral via:</b> GP, HP, self and other.  <b>Waiting List:</b> 1 to 2 weeks (emergency cases are seen more quickly).  <b>Hours:</b> Tuesday to Thursday.  <b>After hours:</b> Telephone counselling Wed and Thurs 5 – 6.30pm via Hobart Student services. Appointment required.  <b>Fees:</b> No fee.</p>

PSYCHOLOGISTS (Private)	
<p><b>Christina Anderson</b></p> <p>3 Parker Street DEVONPORT TAS 7310</p> <p>Telephone: 0438 340 258</p> <p>Email: <a href="mailto:christina@vision.net.au">christina@vision.net.au</a></p>	<p><b>Service offered:</b> Short and long term individual counselling.  <b>Counselling Style:</b> CBT, interpersonal psychotherapy, and eclectic.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> GP, HP, self.  <b>Waiting List:</b> Varies, average 1 to 2 weeks.  <b>Hours:</b> Business hours Tuesday - Friday.  <b>After hours:</b> Some available if required.  <b>Fees:</b> Medicare and Private Health Insurance Rebate.</p>
<p><b>John De Jong</b></p> <p>5 Barker Street DEVONPORT TAS 7310</p> <p>Telephone: (03) 64242048 Fax: (03) 6424 2079</p>	<p><b>Service offered:</b> Short and long term individual counselling.  <b>Counselling Style:</b> CBT, Psychotherapy and eclectic.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> GP, HP, self and other.  <b>Waiting List:</b> 1 to 2 weeks.  <b>Hours:</b> Business hours Monday to Friday  <b>After hours:</b> Wednesday evenings.  <b>Fees:</b> Private Health Insurance Rebate.</p>
<p><b>Dr Max Jacobs</b></p> <p>Box 1046 DEVONPORT TAS 7310</p> <p>Telephone: (03) 6424 4510 Fax: (03) 6424 4510</p>	<p><b>Main service offered:</b> Short and long term individual counselling.  <b>Counselling Style:</b> CBT, eclectic and transactional analysis.  <b>Other services offered:</b> Group and family therapy.  <b>Target Group:</b> All ages, male and female.  <b>Referral via:</b> GP, HP, self and other.  <b>Waiting List:</b> 1 to 2 weeks.  <b>Hours:</b> Business hours Monday to Saturday.  <b>After hours:</b> Available.  <b>Fees:</b> Private Health Insurance Rebate.</p>

## NORTH - WEST TASMANIA

### Psychological Therapy Continued

PSYCHOLOGISTS (Private) - Continued		
<p><b>Colleen Jackson</b></p> <p>Sisters of Charity Outreach 65 Stewart Street (PO Box 368) DEVONPORT TAS 7310</p> <p>Telephone: (03) 6424 9830 Fax: (03) 6424 5244</p>	<p><b>Service offered:</b></p> <p><b>Counselling Style:</b></p> <p><b>Target Group:</b></p> <p><b>Referral via:</b></p> <p><b>Waiting List:</b></p> <p><b>Hours:</b></p> <p><b>After hours:</b></p> <p><b>Fees:</b></p>	<p>Predominantly a grief and trauma counselling service. Short and long term individual counselling available.</p> <p>CBT and eclectic.</p> <p>All ages, male and female.</p> <p>GP, HP, self.</p> <p>2 to 4 weeks.</p> <p>Monday to Friday.</p> <p>Not generally.</p> <p>Scale of fees according to income. Private Health Insurance Rebate.</p>
<p><b>Sue Hyslop, Kristen Webb-Foss</b></p> <p>HQ Counselling &amp; Psychological Services PO Box 1288 BURNIE TAS 7320</p> <p>Telephone: (03) 6432 1229 Fax: (03) 6432 1241</p>	<p><b>Main service offered:</b></p> <p><b>Counselling Style:</b></p> <p><b>Other services offered:</b></p> <p><b>Target Group:</b></p> <p><b>Referral via:</b></p> <p><b>Waiting List:</b></p> <p><b>Hours:</b></p> <p><b>After hours:</b></p> <p><b>Fees:</b></p>	<p>Short and long term individual counselling.</p> <p>CBT, interpersonal psychotherapy and eclectic.</p> <p>Group and family therapy.</p> <p>All ages, male and females.</p> <p>GP, HP, self.</p> <p>1 to 2 weeks.</p> <p>Business hours Monday to Friday.</p> <p>Yes, upon request.</p> <p>Private Health Insurance Rebate.</p>

RELATED COUNSELLING SERVICES		
<p><b>North West Centre Against Sexual Assault</b></p> <p>PO Box 3003 BURNIE TAS 7320</p> <p>Telephone: (03) 6431 9711 Fax: (03) 6431 8710</p>	<p><b>Service offered:</b></p> <p><b>Counselling Style:</b></p> <p><b>Other services offered:</b></p> <p><b>Target Group:</b></p> <p><b>Referral via:</b></p> <p><b>Waiting List:</b></p> <p><b>Hours:</b></p> <p><b>After hours:</b></p> <p><b>Fees:</b></p>	<p>Free &amp; confidential counselling and support service for women, men and children who have experienced sexual assault or rape at some time in their life. Short &amp; long term counselling offered.</p> <p>Narrative.</p> <p>Group Therapy.</p> <p>All ages, male and female.</p> <p>GP, HP, self.</p> <p>None.</p> <p>Business hours Monday to Friday.</p> <p>Crisis calls only.</p> <p>No fee.</p>

## NORTH - WEST TASMANIA

### Psychological Therapy Continued

RELATED COUNSELLING SERVICES – Continued	
<p><b>Youth Health Team North West, DHHS</b></p> <p>4<sup>th</sup> Floor PARKSIDE Strahan Street (PO Box 258) BURNIE TAS 7320</p> <p>Telephone: (03) 6440 7140 Fax: (03) 6440 7141</p> <p>Email: <a href="mailto:youthhealth.northwest@dhhs.tas.gov.au">youthhealth.northwest@dhhs.tas.gov.au</a></p>	<p>Free, safe and confidential service, working with young people, their families and communities on issues that impact on youth health and wellbeing.</p> <p><b>Service offered:</b> Short term individual counselling.</p> <p><b>Counselling Style:</b> Person-centred; strength based, solution focused. Psychosocial assessment.</p> <p><b>Other services offered:</b> Outreach to all areas in NW, West and King Island. Individual assessments, support, advocacy and referral. Provide group work, health information, education and promotion. Liase and network with relevant HPs, workers and services. Collaborative partnerships to enhance and build community capacity (ie. schools). Females &amp; males 12 - 24 yrs.</p> <p><b>Target Group:</b> Females &amp; males 12 - 24 yrs.</p> <p><b>Referral via:</b> GP, HP, self or other (including family/friends, schools/teachers, allied health).</p> <p><b>Hours:</b> Monday to Friday 9 – 4pm.</p> <p><b>After hours:</b> By negotiation as required. 24 hour parent info line: 1800 808 178 (freecall).</p> <p><b>Fees:</b> No fee.</p>

SOCIAL WORKERS IN COMMUNITY HEALTH	
<p><b>Department of Health and Human Services</b></p> <p>Devonport Community Health Centre 23 Steele Street DEVONPORT TAS 7310</p> <p>Telephone: (03) 6421 7763 Fax: (03) 6241 7767</p>	<p>Community Health Centres employ Social Workers.</p> <p>Community Health Social Workers offer short term individual counselling, (including telephone counselling and home visits) and group programs on a variety of health and related issues.</p> <p>They can also assist you to find out what services are available in your local area.</p> <p>If there is no Community Health Centre in your local area contact the nearest Health Centre as they may provide a visiting counselling service to your area, or they can refer you to the most appropriate local service.</p>

## NORTH - WEST TASMANIA

### Psychological Therapy Continued

SCHOOL COUNSELLING SERVICES – DEPARTMENT OF EDUCATION	
<b>Clusters and the co-ordinating Principals:</b>	<p>Schools in the North-West region are divided into 8 clusters, each with their own co-ordinating Principal. Most schools offer guidance officers and/or school social workers/student counsellors.</p> <p>Make enquiries with your school or contact the relevant district cluster about what guidance, social work or psychological services are available.</p>
<b>Burnie cluster</b> Tony Pearce, Montello Primary. Ph: (03) 6431 6243	
<b>Central Coast cluster</b> Russell Horton, West Ulverstone Primary. Ph: (03) 6425 7657	
<b>Circular Head cluster</b> Jeff Triffitt, Forest Primary. Ph: (03) 6458 3141	
<b>Devonport cluster</b> Emmy Brient, Devonport Primary. Ph: (03) 6424 7788	
<b>Latrobe Kentish cluster</b> Anne Costello, Latrobe Primary. Ph: (03) 6426 1203	
<b>Mersey cluster</b> Jeff Cox, Mlandetta Primary. Ph: (03) 6424 4428	
<b>West Coast cluster</b> Meredith Phillips, Zeehan Primary. Ph: (03) 6471 6133	
<b>Wynyard/Waratah cluster</b> David Raw, Yolla District High. Ph: (03) 6438 1188	

## NORTH - WEST TASMANIA

### Medical Management

GENERAL PRACTITIONERS	
<p><b>Safwal Saba</b></p> <p>Shearwater Medical Centre 22 The Boulevard SHEARWATER TAS 7307</p> <p>Telephone: (03) 6428 6666 Fax: (03) 6428 6000</p>	<p><b>Service offered:</b> Medical management. <b>Target Group:</b> All ages, males and females. <b>Waiting List:</b> 1 to 2 days. <b>Hours:</b> Monday to Friday. <b>After hours:</b> On call. <b>Fees:</b> Medicare Rebate.</p>
<p><b>Dr Sandra Zeeman</b></p> <p>Victoria Street Clinic 39 Victoria Street ULVERSTONE TAS 7315</p> <p>Telephone: (03) 6425 2900 Fax: (03) 6425 4544</p>	<p><b>Service offered:</b> Medical management. <b>Target Group:</b> Females. <b>Waiting List:</b> 1 to 2 weeks. <b>Hours:</b> Monday to Friday. <b>After hours:</b> N/A. <b>Fees:</b> Bulkbilling.</p>

### Hospital Inpatient Services

<p><b>Dr Bert Shugg, Paediatric/Adolescent Physician</b></p> <p>North West Regional Hospital PO Box 258 BURNIE TAS 7320</p> <p>Telephone: (03) 6430 6666 Fax: (03) 6430 6688</p>	<p><b>Main service offered:</b> Short term individual counselling. <b>Counselling Style:</b> Eclectic. <b>Other services offered:</b> Via public hospital: Dietetic/nutrition therapy, medical assessment and pharmacological therapy. <b>Target Group:</b> Children and adolescents (&lt;18years), male and female. <b>Referral via:</b> GP, HP. <b>Waiting List:</b> Two to four weeks. <b>Hours:</b> Business hours, Monday to Friday. <b>After hours:</b> Emergency only. <b>Fees:</b> Bulkbilling.</p>
<p><b>Multidisciplinary Team including Clinical Nurse, Counsellor, Dietitian, Psychiatrist, Psychologist &amp; Social Worker</b></p> <p>SPENCER CLINIC North West Regional Hospital PO Box 258 BURNIE TAS 7320</p> <p>Telephone: (03) 6430 6577 Fax: (03) 6430 6690</p>	<p><b>Main service offered:</b> Short term psychiatric treatment/individual counselling. <b>Counselling Style:</b> CBT. <b>Other services offered:</b> Dietetic &amp; nutrition counselling, medical assessment and pharmacological therapy. Group and family therapy as required. <b>Target Group:</b> All ages, male and female. <b>Referral via:</b> GP, HP, self and other. <b>Waiting List:</b> Less than 1 week. <b>Hours:</b> 24 hours, 7 days a week. <b>After hours:</b> Yes. <b>Fees:</b> No fee.</p>

**Nutrition Education and Counselling**

<b>DIETITIANS</b>	
<p><b>Hospital Inpatient and Outpatient Dietitian</b></p> <p><b>North West Nutrition and Dietetic Service</b></p> <p><b>Burnie:</b> Inpatients and outpatients North West Regional Hospital Brideport Rd BURNIE TAS 7320</p> <p>Telephone: (03) 6430 6597 Fax: (03) 6430 6688</p> <p><b>Devonport:</b> Outpatients Devonport Community Health and Services Centre 23 Steel Street DEVONPORT TAS 7310</p> <p>Telephone: (03) 6421 7763 Fax: (03) 6421 7767</p>	<p><b>Service offered:</b> Short and long term individual counselling.</p> <p><b>Counselling Style:</b> Nutrition education and counselling.</p> <p><b>Target Group:</b> All ages, male and female.</p> <p><b>Referral via:</b> GP, psychologist and psychiatrist.</p> <p><b>Waiting List:</b> 2 to 4 weeks.</p> <p><b>Hours:</b> <b>Burnie:</b> General Outpatient Clinic (hours on enquiry). Inpatients as referred. <b>Devonport:</b> General Outpatient Clinic (hours on enquiry).</p> <p><b>After hours:</b> N/A.</p> <p><b>Fees:</b> No fee.</p>

**Education and Information**

<p><b>Community Nutrition Unit</b></p> <p>3<sup>rd</sup> Floor Peacock Building Repatriation Centre 90 Davey Street HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222 Fax: (03) 6222 7252</p>	<p>Community education campaigns eg Body Image and Eating Disorders Awareness Week.</p> <p>Advice, resource support and training to school communities on promotion of healthy eating behaviours and positive body image.</p> <p>Training for health / community workers and the public on nutrition, healthy eating behaviours and body image.</p> <p>Library of books, research, videos &amp; newsletters for loan.</p>
<p><b>Tasmanian Eating Disorder Information Line (free call)</b></p> <p>Telephone: 1800 675 028 (Statewide)</p> <p>Email: <a href="mailto:womens.health@dhhs.tas.gov.au">womens.health@dhhs.tas.gov.au</a></p> <p><b>Tasmanian Eating Disorder Website</b> <a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></p>	<p>A free and confidential information line offering basic information about eating disorders and the services. An eating disorder kit can also be sent to you.</p> <p>Monday to Friday 9am – 5pm.</p> <p>This service operates in conjunction with the Women’s Health Information Line.</p>

## RESOURCES

### Tasmanian Support

<p><b>Tasmanian Eating Disorders Information Line</b></p> <p>Phone free call 1800 675 028</p> <ul style="list-style-type: none"> <li>• A free and confidential information line which offers basic information about eating disorders and the services available in your area. Monday to Friday 9am – 5pm.</li> </ul>	<p><b>Support Group for Family and Friends of People with Eating Disorders.</b></p> <p>Contact: Shirin Fernanadez, Psychologist at Royal Hobart Hospital Ph (03) 6222 8188 or Denise or Gerard Frost Ph (03) 6247 6815 or Lyndon or Jill Stephenson Ph (03) 6225 2948</p> <p>3<sup>rd</sup> Tuesday of each month 7.30 – 9.00 pm at Royal Hobart Hospital, Lower Ground Floor ‘A’ Block, Campbell Street entrance.</p>
<p><b>Tasmanian Eating Disorder Website</b>  <a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></p> <p>Provides information on Tasmanian resources and services.</p>	<p><b>Bulimia Nervosa Group</b>            University Psychology Clinic            Churchill Rd            SANDY BAY TAS 7005</p> <p>Telephone: (03) 6226 2805            Fax: (03) 6226 2883</p> <ul style="list-style-type: none"> <li>• A 6-week structured program for people with Bulimia Nervosa.</li> <li>• Frequency of group depends on demand.</li> <li>• Run by Psychologist and Dietitian.</li> </ul>
<p><b>Community Nutrition Unit (CNU) Statewide</b>            3<sup>rd</sup> Floor Peacock Building            Repatriation Centre            90 Davey Street            HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222            Fax: (03) 6222 7252</p> <p>Provides statewide:</p> <ul style="list-style-type: none"> <li>• The Eating Disorders Service Directory.</li> <li>• Library of books, research, videos &amp; newsletters for loan. Resource lists are available on request.</li> <li>• Eating Disorder Kits (see attached order form) are available, they contain general information, reading list, websites and this directory.</li> <li>• Community education campaigns eg Body Image and Eating Disorders Awareness Week.</li> <li>• Advice, resource support and training to school communities on promotion of healthy eating behaviours and positive body image.</li> <li>• Training for health / community workers and the public on nutrition, healthy eating behaviours and body image.</li> </ul>	<p><b>Food, Fads &amp; Feelings Course</b>            (Eating awareness &amp; body image group program)            c/- Community Nutrition Unit            3<sup>rd</sup> Floor Peacock Building            Repatriation Centre            90 Davey Street            HOBART TAS 7000</p> <p>Telephone: (03) 6222 7222            Fax: (03) 6222 7252</p> <ul style="list-style-type: none"> <li>• A 9-week course for women with disordered eating problems.</li> <li>• Runs 2 times per year by a Counsellor and Dietitian.</li> </ul>

## RESOURCES

### Interstate Resource & Support Groups

<p><b>The Butterfly Foundation (National)</b></p> <p>PO Box 518 PRAHAN VIC 3181</p> <p>Ph: 0425 800 922 Fax: (03) 9826 0232</p> <p>Email: <a href="mailto:info@thebutterflyfoundation.org.au">info@thebutterflyfoundation.org.au</a> Website: <a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a></p>	<p><b>Eating Disorder Foundation of NSW Inc.</b></p> <p>PO Box 532 WILLOUGHBY NSW 2068</p> <p>Ph: (02) 9412 4499</p> <p>Email: <a href="mailto:edf@edf.org.au">edf@edf.org.au</a> Website: <a href="http://www.edf.org.au">www.edf.org.au</a></p>
<p><b>Eating Disorders Association of South Australia</b></p> <p><b>Newsletter:</b> Keeping In Touch</p> <p>217 Portrush Road MARYLANDS SA 5069</p> <p>Ph: (08) 8332 3466 Fax: (08) 832 3430</p> <p>Email: <a href="mailto:edsa@internode.on.net">edsa@internode.on.net</a> Website: <a href="http://www.communitywebs.org/~E/DASA/index.html">www.communitywebs.org/~E/DASA/index.html</a></p>	<p><b>Eating Disorders Foundation of Victoria (EDFV)</b></p> <p><b>Newsletter:</b> Spread Your Wings</p> <p>1513 High Street GLEN IRIS VIC 3146</p> <p>Ph: (03) 9885 0318 Non metro callers: 1300 550 236 Fax: (03) 9885 1153</p> <p>Email: <a href="mailto:edfv@eatingdisorders.org.au">edfv@eatingdisorders.org.au</a> *Website: <a href="http://www.eatingdisorders.org.au">www.eatingdisorders.org.au</a> *Look for the 'Eating Disorder Resource for schools' on the website.</p>
<p><b>Eating Disorders Association of Queensland</b></p> <p><b>Newsletter:</b> Through The Looking Glass</p> <p>225 Logan Road WOOLLOONGABBA QLD 4120</p> <p>Ph: (07) 3591 3660 Fax: (07) 3891 3662</p> <p>Email: <a href="mailto:admin@edas.org.au">admin@edas.org.au</a> Website: <a href="http://www.eda.org.au">www.eda.org.au</a></p>	<p><b>CEED (Victorian Centre of Excellence in eating Disorders)</b></p> <p>Aims to reduce the risk, duration and impact of eating disorders in people of all ages by building Victoria's capacity to undertake effective prevention, early intervention and clinical care.</p> <p>CEED offers resources and education for health professionals, and is a centre of research into eating disorders.</p> <p>Ph: (03) 934 7507 Fax: (03) 9342 8316</p> <p>Email: <a href="mailto:ceed@mh.org.au">ceed@mh.org.au</a> *Website: <a href="http://www.ceed.org.au">www.ceed.org.au</a></p>

## Eating Disorders Reading List

Listed are some of the many books published on eating disorders.

\* Items are available for loan from the Community Nutrition Unit, Hobart. Ph: (03) 6222 7222.

<u>Eating disorders</u>	<u>Body image, dieting, compulsive eating</u>				
<p>* ABRAHAM, S. &amp; LLEWELLYN JONES, D. (1993). <b>Eating Disorders – The facts.</b> Oxford University Press.</p> <p>COOPER, P.J. (1995). <b>Bulimia Nervosa and Binge Eating. A self-help guide to recovery using Cognitive Behavioural Techniques.</b> Robertson Publishing.</p> <p>FAIRBURN, Dr Christopher. (1995). <b>Overcoming Binge Eating. A New Scientifically Based Program.</b> The Guilford Press.</p> <p>FREEMAN, C. (2002). <b>Overcoming Anorexia Nervosa: A self-help guide using Cognitive Behavioural Techniques.</b> Robinson Publishing.</p> <p>*HOWELL, P.L. (1999) <b>Information on Eating Disorders for Health Practitioners.</b> Eating Disorders Foundation of Victoria.</p> <p>LEVENKRON, Steven. <b>Treating and Overcoming Anorexia Nervosa.</b> Warner Books</p> <p>PALMER, B. (2002) <b>Helping People with Eating Disorders. A Clinical Guide to Assessment and Treatment.</b> England, Wiley.</p> <p>* REIFF, D &amp; REIFF, K. (1992). <b>Eating Disorders: Nutrition therapy in the Recovery Process.</b> Aspen.</p> <p>ROBINSON, Sancia. (1996). <b>Mary Jane – Living Through Anorexia and Bulimia Nervosa.</b> Random House Australia.</p> <p>SCHMIDT, U. &amp; TREASURE, J. (1997) <b>Clinicians Guide to Getting Better Bit(e) by Bit(e). A Survival Kit for Suffers of Bulimia and Binge Eating Disorders.</b> UK, Psychology Press.</p>	<p>COOKE, Kaz. (1994). <b>Real Gorgeous. The Truth About Body &amp; Beauty.</b> Allen &amp; Unwin.</p> <p>de BRUN, K. (1999). <b>Dying not to Eat.</b> Hybrid Publishers.</p> <p>* HIRSCHMAN, Jane, &amp; MUNTER, Carol. (1988). <b>Overcoming Overeating,</b> Addison-Wesley. (1995). <b>When Women Stop Hating Their Bodies.</b> Ballantine Books.</p> <p>* KANO, Susan. (1989). <b>Making Peace with Food.</b> Harper &amp; Row.</p> <p>* KAUSMAN, Dr Rick. (1998). <b>If Not Dieting Then What?</b> Allen &amp; Unwin.</p> <p>ORBACH, Susie. <b>Fat Is A Feminist Issue. 1&amp; 2</b> Hamlyn. .</p> <p>* ROTH, Geneen. (1989). <b>Why Weight? Feeding the Hungry Heart and Breaking Free From Compulsive Eating.</b> Plume Books.</p> <p>STANTON, Rosemary. (1991). <b>The Diet Dilemma.</b> Allen &amp; Unwin.</p> <tr> <td colspan="2" style="text-align: center; padding: 5px;"><b><u>For Families and Friends</u></b></td> </tr> <tr> <td colspan="2" style="vertical-align: top; padding: 5px;"> <p>* BALL, J &amp; BALL, R. (1995). <b>Eating Disorders – A Survival Guide for families and Friends.</b> Doubleday Press.</p> <p>BYRNE, Katherine. <b>A Parent's Guide to Anorexia and Bulimia.</b> Owl Books.</p> <p>NATENSHON, A.N. (1999) <b>When your child has an Eating Disorder: A step-by-step workbook for parents and other care givers.</b> Jossey Bass.</p> <p>SIEGAL, BRISMAN &amp; WEINSHELL. (1999). <b>Surviving an eating Disorder – Strategies for Families and Friends.</b> Harper &amp; Row.</p> </td> </tr>	<b><u>For Families and Friends</u></b>		<p>* BALL, J &amp; BALL, R. (1995). <b>Eating Disorders – A Survival Guide for families and Friends.</b> Doubleday Press.</p> <p>BYRNE, Katherine. <b>A Parent's Guide to Anorexia and Bulimia.</b> Owl Books.</p> <p>NATENSHON, A.N. (1999) <b>When your child has an Eating Disorder: A step-by-step workbook for parents and other care givers.</b> Jossey Bass.</p> <p>SIEGAL, BRISMAN &amp; WEINSHELL. (1999). <b>Surviving an eating Disorder – Strategies for Families and Friends.</b> Harper &amp; Row.</p>	
<b><u>For Families and Friends</u></b>					
<p>* BALL, J &amp; BALL, R. (1995). <b>Eating Disorders – A Survival Guide for families and Friends.</b> Doubleday Press.</p> <p>BYRNE, Katherine. <b>A Parent's Guide to Anorexia and Bulimia.</b> Owl Books.</p> <p>NATENSHON, A.N. (1999) <b>When your child has an Eating Disorder: A step-by-step workbook for parents and other care givers.</b> Jossey Bass.</p> <p>SIEGAL, BRISMAN &amp; WEINSHELL. (1999). <b>Surviving an eating Disorder – Strategies for Families and Friends.</b> Harper &amp; Row.</p>					

Please fill in this form if you would like to update any information.

## EATING DISORDERS SERVICE DIRECTORY UPDATE FORM

Please tick/bold/underline as many options as applicable.

**Your name:**

**Do you offer individual counselling?**

**Your discipline:**

Yes       No

- Psychiatry
- General Practice
- Psychology
- Dietetics/Nutrition
- Counsellor/Therapist
- Social Work
- Community Nurse
- Multidisciplinary team
- Other \_\_\_\_\_

*If yes, is this:*

Short term (Please specify)

Long term (Please specify)

**What would best describe your counselling style?**

- Cognitive/behavioural
  - Eclectic counselling
  - Interpersonal psychotherapy
  - Other (eg. Narrative, person-centred, art therapy)
- \_\_\_\_\_

**Practice name:**

**Telephone no:**

**Do you offer any other service?**

**Fax no:**

- Dietetic/nutrition
- Group therapy
- Family therapy
- Medical assessment
- Pharmacological therapy
- Other \_\_\_\_\_

**Address:**

**Email address:**

**Is this a Hospital based service?**

Yes       No

*If yes, is this: Outpatient or Inpatient*

**Waiting list:**

- Less than 1 week
- One to two weeks
- Two to four weeks
- One to two months
- More than two months

**Target Group:**

- Children and adolescents <18
- Adults >18
- Females
- Males

**What days is your service available?**

**Do you offer after hours service?**

**Referral via:**

- GP
- Health professional
- Self-referral
- Other \_\_\_\_\_

**Fees:**

- Bulkbilling/Public
- Medicare rebates
- Private Health rebate
- No rebate

**Other information you would like included:**

For further information about the directory, please contact the Community Nutrition Unit at the phone number listed below.

Email to [suzie.waddingham@dhhs.tas.gov.au](mailto:suzie.waddingham@dhhs.tas.gov.au)

Fax to: (03) 6222 7252

or Mail to: Community Nutrition Unit  
3<sup>rd</sup> Floor Peacock Building  
Repatriation Centre  
90 Davey Street  
HOBART 7000

Many thanks.

## Order Form for Eating Disorder Package

<b>To:</b> Vicki McCarthy Community Nutrition Unit 3 <sup>rd</sup> Floor Peacock Building Repatriation Centre 90 Davey Street HOBART TAS 7000	<b>Facsimile:</b> (03) 6222 7252 <b>Telephone:</b> (03) 6222 7222
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<b>From:</b>	<b>Facsimile:</b> <b>Telephone:</b>
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### EATING DISORDER PACKAGE

*Please tick box indicating which kit/s you would like copies of.*

The kits contain information, including preventing eating disorders in children, early warning signs of an eating disorder, how family members and friends can best support a person with an eating disorder and in seeking help, information on the Support Group for Family and Friends and reading lists and useful websites.

- The person with an eating problem**
- Parent, Carer, Partner or Friend**
- Health Professional**
- Teacher**
- Student**

#### **TO BE SENT TO:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_