



Psychological & Educational

Consultancy Services

ABN: 76504336697

Dr Shane Langsford BPsych BEd(Hons) PhD
Registered Psychologist

Suite 5, 308 Hay Street Subiaco WA 6008
Postal address: PO Box 502 Subiaco WA 6904
Email address: slangsford@pecs.net.au
Internet address: www.pecs.net.au
Telephone: (08) 9388 8044
Facsimile: (08) 9388 8055
Mobile: 041 444 2829

Better Access to Psychologists through the Medicare Benefits Schedule (MBS)

Dr Shane Langsford is pleased to announce that he is now able to offer Medicare rebates for the provision of Focused Psychological Strategies (FPS) to clients with a mental disorder as part of the new Council of Australian Governments' (COAG) mental health reforms.

Who can refer?

General Practitioners, Paediatricians and Psychiatrists may all refer.

Eligible patients can receive up to 12 individual sessions in a calendar year, with the referring medical practitioner assessing progress after the first 6 sessions.

General Practitioners must complete a GP Mental Health Care Plan (Item 2710) and forward a copy as part of the referral; and also complete a GP Mental Health Care Review (Item 2712) to initiate the second set of 6 sessions. For the convenience of GPs, soft copies of both forms have been placed at www.pecs.net.au.

Paediatricians and Psychiatrists are **not** required to use a specific referral form – a signed and dated referral letter is all that is required.

Why the new initiative?

The new Medicare services aim to promote a team approach to mental health care; with General Practitioners, Psychiatrists and Paediatricians encouraged to work with Psychologists to increase the availability and quality of care.

What is meant by 'mental disorder' under the new Medicare Rebate?

For the purpose of this initiative, 'mental disorder' is a term used to describe a range of clinically diagnosable disorders that significantly impact on a person's emotions, thoughts, social skills and decision-making. Examples include:

- Anxiety disorders
- Bipolar disorder
- Psychotic disorders
- Depressive disorders
- Behavioural disorders
- Panic disorder
- Substance use disorders
- ADHD
- Schizophrenia
- Phobic disorders
- Sexual disorders
- Bereavement disorders
- Eating disorders
- Alcohol use disorders
- Post-traumatic stress disorder

What are approved Focused Psychological Strategies (FPS)?

- Cognitive Behaviour Therapy / Cognitive Therapy
- Relaxation strategies (e.g., progressive muscle relaxation; controlled breathing)
- Skills training (e.g., problem solving skills; anger management; social skills training; communication training; stress management; parent management training, interpersonal therapy)
- Psycho-education (including motivational interviewing)

What are the reporting requirements?

Psychologists must provide a written report to the referring medical practitioner following the first 6 services and/or on completion of the course of treatment. The written report should include information on:

- any assessments carried out on the client
- any treatment provided
- recommendations on future management of the client's disorder

How much is the new Medicare Rebate for FPS?

Rebates vary between \$53.15 and \$110.70 (depending on session length and place of delivery), which represents a considerable saving to your patients.