

COMPANY PROFILE

Psychological and Educational Consultancy Services (PECS: established 1999) is a consultancy service which conducts psychological and educational assessments for children, adolescents and adults, and provides appropriate intervention relative to the outcome of the assessment, or as requested by the referring health/education/legal professional.

PECS currently receives the majority of its referrals from the:

- * Medical Professions (e.g., Paediatricians, Psychiatrists, GPs)
- * Educational Domains (e.g., School Psychologists, Principals, Teachers)
- * Allied Health Professions (e.g., Speech Pathologists, Chiropractors, OTs)
- * Legal Fraternity (e.g., Criminal, Personal Injury, Family Court)
- * Family/Friend/Work Networks (e.g., Parents, Spouses, Work Colleagues).

Dr Shane Langsford is both the Managing Director and Senior Practitioner at PECS. Dr Langsford is actively involved with all cases at PECS, therefore, all referred clients are assured of receiving their services from a highly qualified and experienced fully Registered Psychologist (>15 years in private practice).

MANAGING DIRECTOR'S PROFILE

Registrations:

Psychologists Board of Western Australia Full Registration
Australian Health Practitioner Regulation Agency Full Registration

Memberships:

Australian Psychological Society, College of Educational & Developmental Psychologists Full Academic Member
APS Division of General Psychological Practice Full Member
Dyslexia-SPELD Foundation Full Member
Centre for Mental Health Research Full Member
Learning & Attention Disorders Society Full Member
Anxiety Disorders Society Full Member
Australian Society of Hypnosis Full Member

Panel Appointments:

Assessment, Review and Moderation Panel - Psychology (Curriculum Council 2005-2007)

Academic Qualifications:

1996-1999: Completed Doctor of Philosophy in Psychology

Thesis Title: *"The Influence of Self-Control, Gender, Age, and Socio-economic Status on the Prevalence and Comorbidity of Child and Adolescent Disorders."*

1995: Completed Bachelor of Education with First Class Honours

Thesis Title: *"Gender and Age Specific Patterns of Risk Taking Behaviour Among Young Children and Adolescents."*

1994: Completed Diploma in Education

(major - School Psychology, minor - Vocational Education)

1993: Completed Bachelor of Psychology degree

(double major - Psychology and Human Movement)

1992: Completed Bachelor of Science degree

(double major - Psychology and Human Movement)

MANAGING DIRECTOR'S PROFILE (continued)

POSTGRADUATE AWARDS

Excellence in Postgraduate Studies in Education Award (2000)

Australian College of Education

Dr Langsford's PhD thesis was judged as the best piece of postgraduate research (i.e. includes all Honours, Masters and PhD research) conducted in Education at the four universities in Western Australia.

Individual Research Grant (1999)

University of Western Australia

To assist with costs associated with a research project investigating the clustering of child and adolescent disorders.

National Research Prize (1998)

The Australian *for the Study of Intellectual Disability

Dr Langsford was a co-author of an article judged to be *"the most innovative contribution by an Australian author which resulted in positive life changes for people with an intellectual disability"*.

Beatrice Silk Postgraduate Scholarship (1997)

The Beatrice Silk Foundation

To assist with travel costs associated with a program of research at international tertiary institutions (Columbia University, New York; State University of New York; the University of London).

Postgraduate Travel Grant (1997)

University of Western Australia

To assist with travel costs associated with a program of research at international tertiary institutions (Columbia University, New York; State University of New York; the University of London).

Australian Postgraduate Award (1996)

Commonwealth Department of Employment, Education & Training

To assist with the period of three years study required for the degree of Doctor of Philosophy in Psychology studying the prevalence and comorbidity of child and adolescent disorders.

PAST RELATED EMPLOYMENT

Department of Education (Western Australia)

Position: School Psychologist - Fremantle District Office
Term: 2 years

University of Western Australia

Position: Lecturer and Tutor (To Masters Level)
Term: 3 years

West Coast College of TAFE

Position: Lecturer (Certificate III and IV)
Term: 3 years

SERVICES PROVIDED BY PECS

Assessment services provided by PECS include:

- * Psychological Assessments (e.g., ADHD, Anxiety, Autism, Depression)
- * Psychometric Assessments (e.g., WPPSI-IV, WISC-V, WAIS-IV)
- * Neuropsychological Assessments (e.g., Executive Function, Memory)
- * Educational Assessments (e.g., Reading, Writing, Numeracy, Language)
- * Global Screening Assessments (e.g., *PsychProfiler*®)
- * Vocational and Occupational Assessments
- * Special Examination Arrangement Assessments

Intervention services provided by PECS include:

- * Counselling (e.g., Brief Therapy, CBT, Solution Focus)
- * Targeted Tuition (e.g., Mathematics, Reading, Spelling, Writing)
- * Behaviour Management Intervention
- * Self-Esteem and Social Skills Building
- * Mediation and Negotiation
- * Study Skills Training
- * Hypnosis

PSYCHOLOGICAL AND EDUCATIONAL ASSESSMENTS

PECS conducts counselling and assessments for a wide range of disorders and has at its disposal a test library containing in excess of 150 assessment tools.

The disorders for which PECS most frequently conducts assessments are:

Anxiety Disorders:

- * Generalised Anxiety Disorder
- * Panic Disorder
- * Separation Anxiety Disorder
- * Specific Phobia

Attention-Deficit/Hyperactivity Disorder:

- * Attention-Deficit/Hyperactivity Disorder

Autism Spectrum Disorder:

- * Autism Spectrum Disorder

Bipolar and Related Disorders:

- * Bipolar Disorder

Communication Disorders:

- * Language Disorder
- * Speech Sound Disorder

Depressive Disorder:

- * Persistent Depressive Disorder
- * Major Depressive Disorder

Disruptive, Impulse-Control, and Conduct Disorders:

- * Conduct Disorder
- * Oppositional Defiant Disorder

Feeding and Eating Disorders:

- * Anorexia Nervosa
- * Bulimia Nervosa

Obsessive-Compulsive and Related Disorders:

- * Obsessive-Compulsive Disorder

Personality Disorders:

- * Antisocial Personality Disorder

Schizophrenia Spectrum and Other Psychotic Disorders:

- * Schizophrenia

Specific Learning Disorders:

- * Specific Learning Disorder - With impairment in Mathematics
- * Specific Learning Disorder - With impairment in Reading
- * Specific Learning Disorder - With impairment in Written Expression

Tic Disorders:

- * Tic Disorders
- * Tourette's Disorder

Trauma and Stressor-Related Disorders:

- * Posttraumatic Stress Disorder

STANDARDISED ASSESSMENT BATTERIES

The three most common assessments batteries that PECS is requested to conduct are:

- * Comprehensive Psychometric Assessment
- * Comprehensive Psycho-Educational Assessment
- * Abbreviated Memory Assessment

All three of these standardised assessment batteries are provided at a heavily discounted price when compared to the costs that would be charged according to the APS Recommended Fee Schedule.

Furthermore, rebates are available from almost all Private Health Insurers which further reduces the cost incurred by the patient / client.

Please contact PECS for current pricing.

Comprehensive Psychometric Assessment:

- * An initial consultation to gather background information
- * An assessment using the WPPSI-IV, WISC-V or WAIS-IV (1½ hour IQ test investigating cognitive ability and intellectual strengths and weaknesses across a maximum of 16 areas)
- * Scoring and analysis of results
- * A subsequent consultation to discuss the results with the client / parents
- * A written report (approximately 25pp) detailing the results and providing interpretations
- * Provision of the report to the referring health / education professional

Comprehensive Psycho-Educational Assessment:

- * An initial consultation to gather background information
- * An assessment using the WPPSI-IV, WISC-V or WAIS-IV (1½ hour IQ test investigating cognitive ability and intellectual strengths and weaknesses across a maximum of 16 areas)
- * An assessment using the WIAT-II (1½ hour educational test which assesses reading, writing, spelling, mathematics, and oral language ability)
- * Scoring and analysis of results
- * A subsequent consultation to discuss the results with the client / parents
- * A written report (approximately 35pp) detailing the results and providing interpretations
- * Provision of the report to the referring health / education professional

Abbreviated Memory Assessment:

- * An initial consultation to gather background information
- * An assessment using the WMS-III-A (1 hour memory test investigating visual and auditory memory, and immediate and delayed memory)
- * Scoring and analysis of results
- * A written report (approximately 8pp) detailing the results and providing interpretations
- * A subsequent consultation to discuss the results with the client / parents
- * Provision of the report to the referring health / education professional

All of the above assessments attract a rebate from the DVA if specifically requested by the referring health professional.

GLOBAL SCREENING

PECS conducts global screening assessments using the *psychprofiler*[®] (Langsford, Houghton, & Douglas, 2014).

The *psychprofiler*[®] is a comprehensive global screening tool for the simultaneous investigation of the 20 most prevalent psychiatric, psychological and educational disorders found in children, adolescents, and adults.

The *psychprofiler*[®] consists of two separate, yet conceptually similar, instruments; namely the:

- * *child and adolescent psychprofiler*[®] (CAPP)
- * *adult psychprofiler*[®] (APP)



The *psychprofiler*[®] is currently being used throughout the world (e.g. Australia, England, Hong Kong, Ireland, New Zealand, Singapore, United States) by a large number of:

- * Education Support Specialists
- * General Practitioners
- * Mental Health Nurses
- * Occupational Therapists
- * Paediatricians
- * Psychiatrists
- * Psychologists (e.g., General, Clinical, Educational, School)
- * Speech Pathologists
- * Teachers



psychprofiler[™]

Ways the *psychprofiler*[®] can improve Assessment and Intervention:

- * Increased Early Identification and Intervention
- * Improved Efficiency of Clinical Interviewing
- * Assistance with Differential Diagnosis Implications
- * Assistance with Comorbidity Implications
- * Provision of Important Self-Report Information
- * Provision of Objective and Reliable Data
- * Improved Communication in Relation to Sensitive Issues
- * Improved Identification of Disorders in Mainstream Individuals
- * Formulation of Behaviour Management Programmes
- * Evaluation of the Effectiveness of Intervention
- * Improved Accessibility to Assessment Services
- * Improved Referral Practises

The *psychprofiler*[®] is available as a paper-and-pencil test, or can be completed online on any computer or smart device (i.e. iPad, tablet), using email as the sole source of administration and report delivery.

The *psychprofiler*[®] has been the most widely used Australian psychiatric/psychological/educational global screening instrument since 2004.

Please visit www.psychprofiler.com for more information, including a full list of current costs and example reports.

COUNSELLING

Counselling is a strategy by which a psychologist may help a person work through an area of difficulty that they are experiencing. Counselling assists people to:

- * clarify their area of difficulty
- * take ownership of their difficulty
- * set goals and develop strategies to resolve their difficulty.

Dr Langsford has been trained extensively in a number of counselling techniques including the following:

Cognitive Behavioural Therapy:

Cognitive Behavioural Therapy provides valuable skills and techniques to identify a client's negative cognitions (e.g., thoughts, feelings, and perceptions) and behaviours (e.g., breathing, avoidance) and begin the process of replacing these negative thoughts and "bad habits" with more positive thoughts and more constructive behaviours.

Dr Langsford has completed the Advanced CBT course delivered by the Australian Psychological Society

Solution-Focused Therapy:

Solution-focused therapists implement changes through a focus on solutions, resources and competency, rather than problems, deficits and limitations.

They amplify what is already working for the client and look for instances when the client has used coping skills successfully in the past.

Solution-focused therapy is time effective with the client usually engaged in the counselling process for a brief period.

Brief Strategic Therapy:

Whatever the underlying origin or cause of the problem, it will persist only if it is maintained by the current behaviour of the client and others with whom the client interacts.

If the problem that is maintaining the behaviour is changed or eliminated, the problem will be resolved or vanish regardless of its nature or duration.

Therefore, time is not spent searching for underlying causes or early trauma or building a long-term relationship with the client.

Hypnosis:

Hypnosis is the process by which a therapist induces an altered state of attention or degree of awareness in the client.

Treatment involves establishing and utilising the hypnotic state which enables increased concentration, attention, relaxation, and memory.

Hypnosis has been proven to be successful with a number of medical and psychological issues including anxiety, depression, enuresis, pain, phobias, sexual dysfunction, sleep disorders, and smoking cessation.

Dr Langsford has completed the 2-year Diploma of Hypnosis course delivered by the Australian Society of Hypnosis. Dr Langford has a >95% success rate for smoking cessation and provides a 100% money-back guarantee.

UNIQUE CHARACTERISTICS OF PECS

Academic Qualifications:

PECS' Managing Director and Senior Practitioner, Dr Shane Langsford, completed a PhD and First Class Honours in Psychology at the University of Western Australia, therefore, all referred clients are assured of receiving their services from a highly qualified and experienced Registered Psychologist.

Due to the nature of Dr Langsford's PhD thesis, he has an excellent appreciation of a large number of psychological / psychiatric disorders, as well as the associated differential diagnosis and comorbidity implications.

Dr Langsford completed a Diploma in Education majoring in School Psychology and worked for the Department of Education for two years, providing him with the background of what is required in the school domain.

As part of the Diploma in Education, Dr Langsford completed a minor in Personal and Vocational Education which has given him a strong background in vocational guidance and occupational counselling.

Dr Langsford also completed a Bachelor of Science at UWA, majoring in Human Movement & Exercise Science, therefore he also has a strong academic background and appreciation for the positive benefits to an individual's health and well-being that exercise and nutrition can provide.

Training:

Dr Langsford has received extensive training in a variety of counselling techniques (e.g., CBT, Solution-Focused Therapy, Brief Strategic Therapy, Hypnosis, NET).

Services:

PECS conducts assessments for a wide range of disorders and has at its disposal a test library containing in excess of 150 assessment tools.

PECS encourages referring professionals to request specific assessment tools and intervention methods in accordance to their preferences.

PECS encourages former clients to make contact for advice or follow-up information, free of charge.

Reports:

At the conclusion of either a brief or comprehensive assessment, PECS provides a report detailing specific recommendations. Reports are completed within 7 working days of the assessment.

Fees:

Although the Australian Psychological Society's Recommended Fee for the 2014/2015 financial year is \$235 per hour, due to the financial constraints experienced by many individuals, **all** of PECS' assessment and intervention services are provided at a significantly reduced fee.

All of PECS' assessments are provided at a pre-determined set fee to ensure that clients are aware of the total cost to be incurred before committing to the service provision.

Services provided by PECS' attract a rebate from almost all Private Health Insurers and also Medicare if a referral has been made by a Medical Practitioner under the MHCP scheme.

Arrangements can be made with PECS' for clients to pay their accounts in instalments.



**Psychological
& Educational**
Consultancy Services

*"Providing professional assessment
and intervention services for children,
adolescents, and adults"*



PRACTICE DETAILS:

Managing Director: **Dr Shane Langsford**

Address: **Churchill Professional Suites**

Suite 9 / 336 Churchill Ave SUBIACO WA 6008

Postal Address: **PO Box 502 SUBIACO WA 6904**

Phone Number: **(08) 9388 8044** Fax Number: **(08) 9388 8077**

Email Address: **email@pecs.net.au** Website: **www.pecs.net.au**

Private Health Insurance Provider Number: **1062541W**

Medicare Provider Number: **2579522L**

DVA Provider Number: **2579522L**



APS Psychologist

PECS is an APS Psychologists Practice

Now also offering services in the South-West of Western Australia