

How to Find a Psychologist

Is it all a bit overwhelming?

Talk to someone about it. Let's be Strategic.

To access the Australian Psychological Society 'find a psychologist' service, go to

<http://www.psychology.org.au/FaP/>

Select your main issue/s of concern, your location, and how far you would like the search to extend (5km, 10km radius etc). You will be presented with a list of psychologists who practice in your region (*who have paid to advertise on this site*).

For example, searching for a psychologist to work with an adult:

'Relating to depression & health-related problems, within 10km of Footscray, Victoria' elicits 2 results for Footscray, and 82 for surrounding suburbs.

add 'Chronic Disease Management'
elicits 1 results for Footscray, and 33 in surrounding suburbs

I would then encourage you to select a few that feel right to you based on their profiles/locations, and call them for a 'phone interview' to see if you feel a connection or rapport with them, or if they demonstrate a style that you think may work for you.

Remember, you have made a decision to see a psychologist because you want to change something that isn't working so well in your life at the moment, so you are essentially looking to employ someone to work for you/with you. You really want to make sure you employ the right person.

There is nothing wrong with letting them know that you're calling a few psychologists before making the decision on who to work with!

Most psychologists charge a 'gap' fee (the out of pocket expense you will have to pay, that Medicare doesn't cover with a Mental Health Care Plan), so when you call different psychologists, make sure you ask them about their fee.

Or, keep your ear out for recommendations made by trusted people in your world, or you can just go to your GP and tell them you would like to get some counselling, and they will be able to assess you for a Mental Health Care Plan, and refer you to someone they may have used for their patients in the past. Personal recommendations are a great place to start.

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind" (William James)