



Alissa McAlpine Psychology

Fee Schedule

When starting therapy, it's important to reflect on whether it will be financially sustainable for you. This can mean considering your current income, how often you would like to attend sessions, the services you may need and the value you place on the service.

Service	Fee
Standard Psychology Session (50-55 minutes)	\$165 \$77.55 gap after Medicare rebate
Extended Psychology Session (90 minutes)*	\$240 \$152.55 gap after Medicare
Family session (90 minutes)	\$240
School/university liaison: communication with the school beyond a brief letter confirming attendance to therapy - i.e. phone calls, e-mails	\$50 per 30 minutes
Case conferencing Attending school meetings	Dependent on time requirements as per collaborative discussion
No show / late cancellation (<24 hours notice) fee**	\$40

Payment

Upon booking your first session, you will be asked to provide credit or debit card details that will be stored securely in your file in my practice management system, PowerDiary. Charges will only be made if you attend a session or trigger the cancellation fee. Sessions are automatically billed 30 minutes into the appointment. If you do not wish to pay via card, I accept bank transfer and payments must be made 72 hours prior to the session to allow funds to clear. I do not accept cash payments.

Medicare and health insurance rebates

I do not offer bulk-billing services. Sessions are payable at the full fee. If you choose to access psychological services under Medicare, you must provide a Mental Health Treatment Plan referral prior to the first session. Speak to your GP or psychiatrist to discuss your eligibility to claim Medicare benefits. If eligible, you can claim a rebate of \$87.45 for up to 20 sessions per calendar year (pending review with your GP). With the rebate, you will be out of pocket for \$77.55 for a standard session, and \$152.55 for an extended session. If you wish, I can claim Medicare rebates on your behalf then it will be deposited into your nominated account by Medicare. If you have health insurance, you must contact your insurer to understand your eligibility, cover and the claims process.

You are able to access services as a private client if you do not wish to seek a formal referral and/or access Medicare or health insurance rebates.

**Extended sessions attract the same Medicare rebate as standard sessions*

***The cancellation/no-show fee is charged regardless of the reason for the cancellation. This is non-negotiable. It may be waived if session can be rebooked for the same day however this availability is not guaranteed.*



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Services

Standard sessions

50–55 minute sessions are typical for psychological therapy. While young people and their families are my interest area, my passion for people has no age restrictions – I'm always happy to discuss your needs and whether I would be a good fit.

Therapy with young people can involve parents and support people (if it is consented to by the young person). I encourage parent involvement wherever appropriate and helpful. Sessions discussing parenting an adolescent are only eligible for Medicare rebates if the parent chooses to use their own Mental Health Treatment Plan.

Extended sessions

90 minute sessions are recommended as an initial appointment, however this is not a requirement. Extended sessions are commonly booked for the following reasons:

- As a solid first appointment to allow thorough assessment and a comprehensive understanding of the situation
- To have someone else involved in the session for a significant portion, like a parent, caregiver, friend or partner. It gives us time to have these conversations together without taking away time from the young person's session. For example, 30 minutes with a parent (or a parent involved), then 1 hour session with young person
- If you think you'll want extra time for whatever reason, i.e. something big has happened or there's a lot to talk about.

Family sessions

A 90 minute session where a family is seen together. Ideally, this involves as many family members as possible. Family sessions are helpful when a whole family is stuck or spiralling, to negotiate how parents can be there for their young person (with the young person involved in the conversation) or for us to work together to solve a problem. Family sessions are generally set at a monthly frequency to allow time for the session content to process and strategies to be implemented.

School liaison

I have extensive clinical knowledge in educational engagement and frequently work with schools. When there are issues, schools often ask whether they are seeing a psychologist or for a confirmation of mental health diagnosis. Often, the school concerns call for more in-depth communication from a psychologist, particularly developing an educational re-engagement plan or recommending strategies to manage a young person's mental health in a school environment. Communication is also helpful if the school counsellor is also involved, so we can ensure continuity of care and make sure that sessions between us aren't repetitive.

This communication will generally happen over phone or e-mail. When issues are significant, it can escalate to formal meetings being held at the school to discuss these difficulties and form a joint plan (that is agreed on by all parties) to increase attendance and engagement. I am able to mentor parents on how to advocate in these meetings. For a quoted price, I can also attend these meetings to advocate and assist in planning emotional and academic support in school environment.

If you are unsure how to approach treatment or what supports would be most helpful, feel free to get in contact.