

# Ten session CBT based Anxiety Program

## Overview and Important Information



- ❑ This is a 10 session Cognitive Behavioural Therapy (CBT)<sup>1</sup> program;
- ❑ The program has been used with a wide range of people and situations;
- ❑ Ten sessions are used to allow you to practice and integrate tools into your own life;
- ❑ Includes your own copy of a 257-page Anxiety Management manual;
- ❑ A structured program developed and refined over 20 years and used since 1995;
- ❑ Needs a GP referral for the Medicare Rebates (\$98.95 per session)<sup>2</sup>;
- ❑ You will be using 10 Medicare Psychologist sessions for this program, if you've already used any sessions this year these come off the annual total, or check with your private health fund to see if you are covered<sup>3</sup>;
- ❑ Uses your own experience as examples<sup>4</sup>;
- ❑ Sessions will include in-session worksheets;
- ❑ To be effective, you need to commit to all sessions and doing regular "homework";
- ❑ The ten one-to-one consultations are scheduled on a regular basis<sup>5</sup>;
- ❑ First four sessions will be weekly, then can be moved to fortnightly;
- ❑ Requires a total of 10 weekly automatic direct deduction payments<sup>6</sup>;
- ❑ Concession rate sessions available for weekday (not evening) consultations<sup>7</sup>;
- ❑ Any questions please feel free to email me at [admin@hpcch.com.au](mailto:admin@hpcch.com.au)

(Info correct as at January 2026)

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<sup>1</sup>See <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral> for a description of CBT.

<sup>2</sup> Total cost per weekday session is \$200, Gap payment = \$101.05, i.e. potentially less than you are paying per week on Alcohol, Cigarettes or Gambling to assist with your Anxiety. Evening sessions have a \$25 surcharge (the Medicare rebate stays the same). The recommended APS fee is \$318 for 46-60 mins.

<sup>3</sup> Your private Health cover may partly cover sessions, you potentially can claim from either Medicare or your Private Health Insurer for sessions, but not both. Check with your fund about "Generalist" Psychology cover.

<sup>4</sup> Please note: We do not look in detail at the roots of your anxiety, i.e. this is not a setting to unload/vent, explore or discover the reasons for your anxiety, this can however be done in fee-for-service sessions later.

<sup>5</sup> Usual cancellation/rescheduling fees apply, i.e. Cancel or reschedule with less than a business days' notice and you lose the full fee, although "make-up" session (preferably ASAP) can be booked at usual additional fee.

<sup>6</sup> Processing of Medicare rebates occurs at the end of the session, not necessarily when the payment is made.

<sup>7</sup> Rate for those with a concession (Pensioner or other concession) card holder is \$120 each session, i.e. an \$21.05 Gap payment. Please note the Medicare rebate of \$98.95 is about 1/3 of the fee recommended to maintain a financially viable practice, (\$318) therefore Bulk billing is not possible for this program.

## Individual Enrolment for Huntingdale, Psychology, Counselling & Clinical Hypnotherapy Ten session CBT based Anxiety Program

I, (name).....,

Of (address).....

Acknowledge and accept that:

- This is a 10 session *Cognitive Behavioural Therapy* (CBT) program;
- This program has been used with a wide range of people and situations;
- Ten sessions are used to allow me to practice and integrate tools into my own life;
- I will receive my own copy of a 257-page *Anxiety Management* manual;
- This is a structured program developed and refined over 20 years and used since 1995;
- I have a GP referral for the *Medicare* Rebates (of \$98.95) total cost \$200 per weekday session;
- I will be using ten of my (annual) Medicare Psychologist sessions for this program and that if I've already used any sessions this year, I'll need to pay for the extra sessions (to make up the total of 10 sessions) separately, without Medicare rebates;
- I will be using my own experience as examples;
- Sessions will include in-session worksheets;
- As I wish it to be effective, I will commit to all sessions and to do regular "homework";
- The ten one-to-one consultations will be scheduled on a regular basis<sup>8</sup>;
- The first four sessions will be weekly, then may be moved to fortnightly;
- I have arranged for a total of 10 weekly automatic direct deduction payments<sup>9</sup> to be paid into Colin Longworth's ANZ account BSB **016358** Account No **412277268** to start at least a business day before the 1<sup>st</sup> scheduled session;
- Concession rate sessions are only available for weekday (not evening) consultations<sup>10</sup>;

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Signed

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Date

<sup>8</sup> Usual cancellation/rescheduling fees apply, i.e. If I cancel or reschedule with less than a business days' notice I will lose the full fee, (unless the consultation can be filled by another fee-paying client) although "make-up" session (preferably ASAP) will need to be booked at the usual fee.

<sup>9</sup> Processing of Medicare rebates occurs at the end of the session, not necessarily when the payment is made.

<sup>10</sup> Rate for those with a concession (Pensioner or other concession) card holder is \$120 each session, i.e. an \$21.05 Gap payment. Please note the Medicare rebate of \$98.95 is about 1/3 of the fee recommended to maintain a financially viable practice, (\$318) therefore Bulk billing is not possible for this program.