

Information for GPs Medicare Referral to Group Therapy Course

Dr Kaitlin Harkess, Clinical Psychologist, facilitates group mindfulness interventions, including Yoga for Emotional Regulation. This group integrates yoga as a form of moving mindfulness with Acceptance and Commitment Therapy (ACT) principles. The cognitive and behavioural interventions delivered in this group are evidence based interventions for reducing symptoms of stress, anxiety, and depression. Dr Harkess has been trained in providing trauma-sensitive yoga, and trauma informed psychological interventions.

The Better Access to Mental Health Care initiative offers eligible individuals a Medicare rebate for 6 – 10 Group Psychological Therapy sessions, provided by a Clinical Psychologist, each calendar year (1 January to 31 December, not from the date of referral). This is in addition to the 10 individual sessions that may be accessed.

To access the Medicare rebate for this group through the Better Access to Mental Health Care initiative, patients need a referral from their GP (or psychiatrist), which include the following details:

- **The patient's symptoms**
- A statement that a **mental health treatment plan** is in place (or a psychiatric assessment and management plan), with a recommendation for Group Psychological Therapy
- **A written referral** to Clinical Psychologist Dr Kaitlin Harkess, clearly recommending **Group** Psychological Therapy, signed and dated by the referrer

Referrals may be mailed or faxed to Upstream Health (see below), or provided to Kaitlin at the group commencement. Patients must register for the group online at www.yogawithkaitlin.com or through Upstream Health.

Note. Patients do not need a referral to participate in this group if they do not wish to claim a Medicare rebate.

Please feel free to contact Kaitlin if you have any questions about the group, referrals, or individual therapy services provided.

Dr Kaitlin Harkess is a Clinical Psychologist with a strong interest in metacognitive processes and the therapeutic application of mindfulness skills. She has conducted research exploring the relationship of yoga and factors related to chronic stress and psychological distress. She has experience working in the public Mental Health Service, and is also working privately.

Dr Kaitlin Harkess

BSc (Hons) PhD/M.Psych (Clinical) MAPS
Registered Clinical Psychologist & Registered Senior Yoga Teacher
0421 566 755 | yogawithkaitlin@gmail.com

Upstream Health

248 Grote St, Adelaide 5000 SA
T. (08) 8125 4830 | F. (08) 7223 2038
admin@upstreamhealthsa.com.au

This document is only intended as a guide for Better Access to Mental Health Care referrers (GPs and Psychiatrists) due to the lack of clarity surrounding the Medicare system's referral process for **group** psychological therapy services. This is not a substitute for Medicare's guidelines, which can be found at www.medicareaustralia.gov.au