

EXPERIENCE COUNTS



I have had over 40 years experience as a Clinical Psychologist

Richard (Dick) Rigby

Clinical Psychologist

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let me share a little about myself

I am a clinical psychologist in private practice in Kenmore Hills. Since I graduated in 1971 with a M.Sc (Qld) in psychology, I have had a wide range of experience including working as a Senior Psychologist for Alcohol and Drug Dependent Services and as a Consultant to St Andrew's Hospital, Ipswich. For the last 25 years, I have been in full time private practice.

a unique therapy package

Over the years, I have developed a unique package for helping people. This package combines a variety of different techniques and approaches. My focus is always on helping clients overcome problems which prevent them from reaching their full potential in life. My style of therapy is understanding, sensitive, caring and supportive.

approaches and techniques

I continue to develop and improve the range of approaches and techniques that I use. These improvements have resulted in most of my clients achieving excellent outcomes. I am warmed by the positive feed-back that I continue to receive from clients who are making good progress.

For the conditions listed below, my clients have reported particularly good outcomes when I have used the following interventions:

- Anxiety and Depression** – a combination of modified CBT and Emotional Freedom Technique
- Work-related stress, bullying etc** – assertiveness training, role play and self esteem improvement techniques
- Conflict resolution for couples and families** (one of my specialty areas) – communication improvement, active listening, empathy training and anger management
- Adjustment issues** – Voice Dialogue, anxiety reduction and CBT to facilitate making important life changes
- Loss and grieving issues** – supportive CBT, permission to express feelings and emotions release to help people work through their grief

- Chronic disease** – Over the years, I have helped many patients and their families deal with cancer and other chronic diseases. I have helped with issues of shock and grief and how to nurture a positive approach to possible recovery.

other conditions & issues

I also treat many other conditions, problems & lifestyle challenges. I help clients develop a more positive and enthusiastic approach to life.

I welcome new referrals

I am accepting new referrals at the current time. If you want to see me, you can phone me directly to make an appointment on 3378 6267 or you can visit your Doctor and obtain a Mental Health Care Plan.

charges

I do not bulk bill. However, after the Medicare rebate for a Clinical Psychologist, there is only a relatively small gap for the patient to pay. Most of my clients feel they get good value for money considering my years of experience. The FEE for a one hour session is \$170.00. The Medicare rebate with a Mental Health Care Plan from a GP is \$124.50.

times & appointments

My sessions are usually of one hour duration. I normally work Tuesday, Wednesday, Thursday & Saturday. I am able to make appointments at other times when the need arises. If you need to see me urgently, I can usually make a special arrangement to accommodate you without delay.

practice manager

Sharon Stathis RN is the clinic practice manager. She has had experience in a wide range of nursing.

To make an appointment for a patient, please phone my office on 3378 6267 or email me at richard@feel-good.com.au

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