

Griffith University Psychology Clinic Gold Coast

*Affordable psychology
services for the
local community*

You're in good hands

- No referrals required
- Therapy sessions from \$20
- Comprehensive assessment and treatment by your choice of either a provisionally registered or registered psychologist
- Specialised treatment programs for children, adolescents, couples and families
- Individual and group sessions available
- Full cognitive and behavioural assessments from \$300
- Unlimited therapy sessions with provisional psychologists—no GP mental health plan required
- After hours appointments available on request



Group programs for children and parents

Group based learning to enhance your child's social interactions, enabling better communication and helping to develop relationships.

- **Regulating Overload and Rage (ROAR)**—providing you and your child with emotion regulation strategies and practical solutions to situations that lead to rage.
- **Recognising Emotions and Establishing Friendships (REEF)**—helping 5–7 and 8–12 year olds develop social skills and nurture friendships.
- **Stand Up Speak Out (SUSO)**—helping 12–17 year olds with anxiety by teaching ways to manage feelings, thought and behaviours in social settings.
- **OCD busters**—helping 7–18 year olds manage obsessions and compulsions, providing strategies to calm their thoughts.
- **Mindfulness for Parents**—teaching you practical ways to manage emotional distress and apply positive changes in stressful situations.
- **Parent-Child Interaction Therapy (PCIT)**—for parents of 2.5–6 year olds who display disruptive and challenging behaviours (**free program**).
- **Circle of Security (COS)**—a DVD program for parents with children aged 12 months to 6 years that helps nurture parent-child relationships (**free program**).

Individual therapy for adults

Confidential, modular or structured treatment programs for individuals, couples and families.



Let us help you with:

- anger
- anxiety
- Autism Spectrum Disorder (ASD)
- behavioural difficulties
- depression
- grief
- learning difficulties
- mindfulness techniques
- Obsessive Compulsive Disorder (OCD)
- pain
- panic attacks
- parenting skills
- phobias
- relationship issues
- self-acceptance
- self-esteem
- stress

Contact us

Our friendly, highly trained staff are available between 8 am and 5 pm, Monday to Friday. For a confidential discussion, call us on **1800 188 295** or email ahreceptionteam@griffith.edu.au

Gold Coast Psychology Clinic

Level 4, Cnr Parklands Drive and Olsen Ave, Southport

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