



For support and understanding contact **Live Life Well Counselling**  
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## **Have you considered Counselling as an “alternative” to the Medicare system and Mental Health Care Plans MHCP?**

**Did you know you don't need a MHCP to see a counsellor?**

**You do not need a GP referral to see a counsellor, but referrals are welcome.**

**Medicare does not cover counselling provided by counsellors/psychotherapists** currently, so you do not require a MHCP (Mental Health Care Plan) from your GP.

**MHCP are specifically provided by Psychologists, Accredited Mental Health Social Workers and OT's.** They provide **assessment, diagnosis and treatment for psychological conditions** and they are trained to work within the medical model when it comes to Medicare.

**Counselling is not diagnostic or based on medical models of care.**

**Counselling is a person centred and collaborative relationship between therapist and client .** The aim of counselling is to relieve distress, improve coping abilities, raise awareness and understanding of oneself and others. Counselling can assist with an increased sense of wellbeing and autonomy. Counselling also assists in processing strong emotions and feelings.

Counsellors utilise various therapies which encompass Humanistic and Cognitive theories. Sessions also have elements of psycho education, strategies and support.

**You do have a choice in what health professional you see for your emotional wellness**

**Reputable Counsellors and psychotherapists will be registered with their peak body.** Registration with the Australian Counselling Association or PACFA requires ongoing clinical supervision and training. You can be confident your counsellor or psychotherapist is well prepared and highly trained as a member.

Consider also that counselling and psychotherapy is person centred and in addition to various therapies also provides psycho education, support, referral and information. Sessions are tailored specifically to your individual needs.

Many counsellors or psychotherapists are trained in multiple therapies including Cognitive Behaviour Therapy, Solution Focused Therapy, Strengths Based Therapy, Narrative Therapy, Motivational Interviewing, Mindfulness Therapy, Emotion Focused Therapy, Acceptance and Commitment Therapy, Gestalt Therapy etc

You can self refer to a counsellor or psychotherapist. GP referrals are welcome but not mandatory. Counsellors/Psychotherapists with your consent can provide updates/ liaise with your GP on your progress and well-being.