

Dr. Susan Barnett is a GP who has developed a specialized interest in counselling.

Dr. Barnett has been a GP since 2003. In 2010 she completed her FPS (Focused Psychological Strategies) so that she is able to provide counselling, utilizing the Mental Health Care Plan (MHCP). She can self-refer (i.e. complete a MHCP for her patients and then see them for the 10 sessions).

Susan is passionate about helping clients who are struggling emotionally. She manages a variety of conditions and prides herself in being able to provide a patient centered / individualized counselling based on what the goal of therapy is or the client.

As a GP Counsellor, she often has patients say to her, "I just want to be

- Happier
- Less anxious
- More confident
- A better mother
- A better partner
- Able to cope with my pain better
- A better sleeper
- More positive
- Less angry

The goal of her therapy sessions is to help each patient understand how to be their "best person." To learn how our mind can be our friend not foe and to gain a deeper understanding into how we as an individual have the power within to CHOOSE what sort of person / life we want to live.

As a clinical Doctor she is also able to prescribe mood medications if felt needed / or refer to Psychiatrist if needed.

She also believes in working in a multidisciplinary approach for more complex patients e.g. patients who suffer from eating disorders may also have a Psychologist / Dietician and she believes it is crucial to ensure excellent communication exists between the team members.

Dr. Barnett's sessions run for 45 minutes and the cost is: (at January 2020)

- With Mental Health Care Plan \$245
- Without Mental Health Care Plan \$250.00
- Weekends and Evenings (after 6pm) extra \$ 10

As Dr. Barnett often has a wait list to be seen, she sends SMS reminders out 48 hours before a scheduled appointment. It would be appreciated if you cannot make your appointment to cancel within 24 hours. This can be done online after hours up to 24 hours before.

If you cancel within 24 hours and the appointment is not able to be filled, then your appointment will incur the full session fee (and unfortunately this will not include a Medicare rebate). We hope you can respect the fact that if you have booked in for a prolonged consultation and it is often hard to fill these appointments at short notice.