



How It Works

Anyone can refer to the Perth Voices Clinic. We encourage you - the voice hearer - to call to make your first appointment. However, we request that you receive a Mental Health Care Plan (MHCP) from your GP with a referral to the Perth Voices Clinic (clinical psychology) prior to your first appointment.

If you have already used your 10 annual Medicare psychology sessions (or are not eligible for Medicare), then you should still bring a GP referral letter to your first appointment (but a MHCP will not be required). Medicare covers the complete cost of the sessions and every Australian citizen is eligible for 10 individual psychology sessions and 10 group psychology sessions per calendar year.

The service is bulk billed through Medicare so there are no out-of-pocket fees. We are also able to see people under their NDIS plan.



Perth Voices Clinic

Enquiries / Referrals

Tel: 0477 453 264

E: georgiepaulik@perthvoicesclinic.com.au

Web: www.perthvoicesclinic.com.au

(Headspace Midland Site: Tel. 08 274 8860,
email: laurasmith@perthvoicesclinic.com.au)



Perth Voices Clinic

*The **Perth Voices Clinic** is a psychological treatment and research clinic for people who hear voices or have other unusual perceptual experiences. It also provides a facility for advanced training of future clinical psychologists and other mental health professionals.*



What We Provide

- A detailed assessment of your voice hearing experience, advice and options for therapy at the clinic and elsewhere
- Individual therapy - usually Cognitive Behaviour Therapy (CBT) or Imagery Rescripting (for people who report a trauma history), although following their completion some individuals may elect to do other approaches, such as Relating Therapy (visit the website for more information)
- Group therapy
- Neuropsychological assessments
- The option to participate in research into voice hearing (and related) experiences

What Is Voice Hearing?

Voice Hearing generally means hearing someone talking when the source of the voice is not directly present.

These experiences can vary greatly from person to person. Although some people report experiencing pleasant voices, many people's experience of voices is quite distressing as the experience is often unwanted, intrusive, distracting and the voices can be very negative and critical.

All the therapies that we offer are evidence-based. This means they have been shown to significantly decrease voice-related distress.

Therapy will be provided or supervised by Dr Georgie Paulik-White – a registered clinical psychologist – who has extensive experience delivering and developing psychological therapies for voice hearers.

The Perth Voices Clinic works closely with the Hearing Voices Network and can provide information on hearing voices support groups. With your consent, your therapist will provide feedback to your health care providers at the beginning, middle and end of therapy.

Who Is Eligible For Our Services

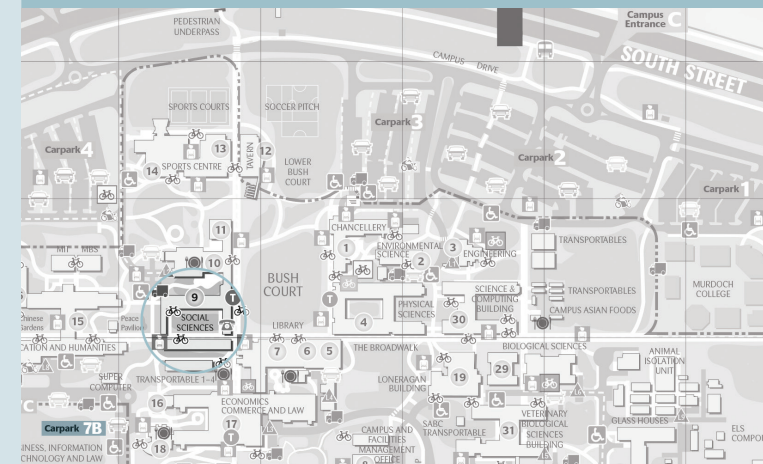
The Perth Voice Clinic aims to be highly accessible to everyone. No diagnosis is required, and you do not need to be receiving other services or treatments. We just ask that you be linked in with a GP.

The clinic is not set up to provide crisis or medical management.



Where We Are Located

The Clinic runs from Murdoch University Child & Adult Psychology Service (Building 440 Social Sciences), Murdoch University, 90 South Street, Murdoch, WA 6150.



Free parking permits are available for clients attending the clinic (nearest parking is Car Park 7B). Alternatively, the Clinic is easily accessible by train and bus.

Perth Voices Clinic also runs out of Headspace Midland (64 Morrison Road, Midland, 6056 Tel. 08 274 8860, email: laurasmith@perthvoicesclinic.com.au) for clients aged 12-26.