



## Perth Voices Clinic

### Visual Hallucinations and Visions

Seeing visions (or “visual hallucinations”) is a common, and often – though not always – distressing experience. This could be a range of experiences, from simple flashes of light to things like shapes, dots, patterns, people, or figures. This can sometimes be a confusing or frightening experience.

At **Perth Voices Clinic** we are now offering a new therapy stream targeting these experiences, with the aim to reduce their occurrence and the distress accompanying them. This treatment approach mostly works with **mental imagery**, helping you with the support of your therapist to modify and take control over the content of the visions and other mental images in your mind that may make you feel unsafe or paranoid. The therapy may involve techniques including imagery re-scripting of past events or imagined future events (imaging an image or memory and changing the ending to change the meaning), working with nightmares, and creating positive imagery.

The therapy will be delivered by Dr Georgie Paulik-White, a registered clinical psychologist who has extensive experience delivering and developing psychological therapies for voice hearers. The assessment and therapy will be run over 10, fifty-minute sessions.



*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.*

## **Location**

Perth Voices Clinic runs from Murdoch University Psychology Clinic (Building 440 Social Sciences), Murdoch University, 90 South Street, Murdoch, WA 6150.

## **Referrals & Fees**

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 from your GP with a referral to the Perth Voices Clinic (clinical psychology) prior to your first appointment.

There are no out-of-pocket fees for our service. We will bill your NDIS plan (if you have one), else will bulk bill through Medicare.

## **Enquiries / Referrals**

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