



rehab4rehab

356 Shands Road
Main Ridge VIC 3928

1800 GoRehab (467 342)

psychology@rehab4rehab.com.au

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CONSENT FOR EQUINE ASSISTED PSYCHOLOGICAL SERVICES

Rehab4rehab provides Equine Assisted Clinical Psychology services to older children and adolescents based on our beautiful horse property in Main Ridge. Sessions are conducted by registered Clinical or Child and Developmental Psychologists with significant horse experience.

Clients typically attend 10 sessions involving assessment, intervention, end of therapy review, and involvement of the family at all stages. If further support is required, this can be discussed at the end of the first ten sessions.

You may be invited to participate in our research program which contributes to our understanding of the benefits of using equines in clinical therapy practices.

Please read the following document carefully and complete all sections of the intake form.

CONFIDENTIALITY

Psychologists are required to maintain a file outlining relevant information about their sessions with you and your child. Information shared with your psychologist will not be shared with others without your consent. However, there are circumstances outlined below in which confidentiality may need to be breached:

1. If your file is subpoenaed by a court your psychologist is legally required to submit the requested information or document.
2. If information obtained suggests that you or your child is at risk of serious harm.

In order to maintain their registration, psychologists are required to engage in professional supervision and peer consultation. This may involve discussing clients in a non-identifiable way.

MENTAL HEALTH TREATMENT PLAN

If you or your child have been referred under a Mental Health Treatment Plan, Medicare regulations state that your referring GP or psychiatrist must receive regular updates from your psychologist about sessions. Our preferred method of communicating these updates is via email, in a PDF letter addressed to your referring doctor.



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OTHER IMPORTANT INFORMATION:

Please be aware that Rehab4rehab does not provide emergency services. We are not always available at short notice or outside our regular practice hours, and we may not be able to respond to phone calls or emails requesting urgent assistance. If you or your child require immediate assistance please call 000, Kids Helpline on 1800 55 1800, or Lifeline on 13 11 14.

SESSION LENGTH

Sessions are 60 minutes but we ask that you allow 75 minutes in case the session runs over. The initial consultation and sessions involving horses may take longer than room-based sessions.

RESEARCH

At Rehab4rehab we are committed to furthering our understanding of the mechanisms behind the magic when you put a child and horse together. The research to support and explain how equines in therapy add value is currently poor with small sample sizes, anecdotal evidence, and poor research designs.

We aim to collect a significant amount of standardised, valid and reliable data through our program, involving control groups, and six month follow ups to examine the longer-term impact of exposure to horses in therapy.

Our research reports will be supervised by academics at the best Victorian universities and eventually published in peer reviewed journals.

All data is de-identified for the purposes of data analysis and publication.

PAYMENT AND REBATES

Session fees are \$250 per session.

The fee reflects the additional time allowed for each session (generally psychology sessions are between 45 and 50 minutes), as well as the additional overheads associated with the horses and horse facilities. Rehab4rehab is a not for profit organisation. All monies raised go towards care of the horses, maintenance of their facilities, and promotion of their welfare.

With a **Medicare** Mental Health Treatment Plan a **rebate of \$128.40** is available, making the **gap \$121.60**.

Those with **NDIS** funding can use their plan with our psychologists, with **\$214.41** available per session, the **gap is only \$35.59** per session.



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Payments (if applicable) are required on the day of your session by credit or debit card. If you have a Mental Health Treatment Plan, we will process your rebate on the day of your session.

CONFIRMING AND CANCELLING

You will be sent an SMS reminder approximately 48 hours before your appointment. Please confirm your appointment by SMS. Rehab4rehab has a **48-hour** cancellation policy. If you are unable to attend, please provide as much notice as possible to avoid a short notice cancellation fee. We do have long wait lists, and with enough notice we can offer your cancelled appointment to another client.

If you cancel your appointment within 48 hours, or fail to attend, unless there is an emergency a \$100 cancellation fee will be applied. Please note that Medicare and private health insurance do not cover unattended appointments.

PLEASE SIGN BELOW TO INDICATE THAT YOU AGREE TO THE ABOVE CONDITIONS:

Child's Name: _____ **DOB:** ____/____/____

Parent's Name: _____

Parent's Signature: _____

Date: ____/____/____

RESEARCH

I consent to the quantitative data obtained during assessment and discharge to be used for research purposes.

Name: _____

Signature: _____

Date: ____/____/____



CLIENT DETAILS

Child's Name: _____

Parent/Guardian Names: _____ Parent/Guardian2: _____

Child's DOB: ___/___/___ Current Age: _____ Gender: M / F

Email: _____

Parent 1 Mobile No.: _____ Parent 2 Mobile No.: _____

Address: _____

GP Name & Address: _____

GP No.: _____

MEDICARE DETAILS

Parent (claimant) Name: _____ DOB: ___/___/___

Parent Medicare No.: _____ Position: _____ Expiry: ___/___

Child's Medicare No.: _____ Position: _____ Expiry: ___/___

BANK ACCOUNT DETAILS (for Medicare rebates)

Account Name: _____ BSB: _____ Account No.: _____

SCHOOL DETAILS (the school will not be contacted without prior written consent of the parent/guardian)

Name: _____

CREDIT CARD DETAILS

Name on Credit Card: _____

Card Number: _____ Expiry: ___/___ CCV: _____

Please describe the reason for your referral:

What would be the best outcome you could imagine for your child?:

How did you hear about rehab4rehab?