



CST

Community Services Tablelands

CST was first established in Atherton 1986.

We are a community based not for profit, non-political and non-sectarian organisation.

We are able to provide services to most towns and villages across the greater Tablelands Region as well as Cairns and Gordonvale.

To book an appointment please phone us on 4091 3850

or call in to our office at
1 Main Street
Atherton Qld 4883



Psychological Services

Evidence Based Therapeutic intervention

Individual and Group Counselling

Psychometric Testing

Forensic Reports

Mediation

Work Place assessments

Community Services Tablelands

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www.cst.org.au

"Strengthening Community"



CST

Psychological Services

Areas we cover

Counselling and Testing for mental health and emotional wellbeing e.g.

- ◆ Marital, Family & Relationship Problems
- ◆ Stress and Tension
- ◆ Anxiety & Panic Attacks
- ◆ Depressions & Unresolved Grief
- ◆ Addiction management
- ◆ Children behavioural issues
- ◆ Sexual Difficulties
- ◆ Work Difficulties
- ◆ Personal Growth & Wellbeing
- ◆ Improve Parenting Skills
- ◆ Making Good Relationships Better
- ◆ Goal Setting
- ◆ Trauma counselling
- ◆ Military Service & PTSD Counselling
- ◆ Vocational Guidance
- ◆ Fears & Phobias
- ◆ Testing Intelligence & Intellectual Functioning

Forensic testing, assessments, and reports e.g.

- ◆ Medico-Legal Reporting - Third Party Claims
- ◆ Stress Assessments
- ◆ Family Assessments
- ◆ Criminal Law Assessments
- ◆ Family Law Assessments

Psychological Services

What we do

Our psychologists have a specialised understanding and scientific approach to human behaviour, cognitive performance, mental illness and psychosocial problems.

We are able to choose, conduct and report on psychological testing and assessments for diagnosis and treatment planning (for example mental health assessments).

We have the expertise to engage in case formulation, treatment delivery and final outcome evaluation processes.

We have an evidence-based approach to psychological interventions (for example: cognitive behaviour therapy).

We are able to provide expert advice relating to an individual's psychological functioning, with an emphasis on appropriate care and intervention.

We have the expertise to conduct research and evaluate outcomes in order to improve services for individuals and groups in the workplace.

Free access to our Psychological services requires:

- ◆ A doctor's referral under the Better Access Medicare initiative
- ◆ A Referral from the Department of Veteran Affairs or Veteran and Veteran's Family Counselling Service
- ◆ Eligibly under one of the Government funded initiatives such as:
 - ◆ Drug and Alcohol Counselling funded by the Commonwealth Department of Health
 - ◆ Family Support Counselling funded by the State Dept. of Communities (individuals or families with children under 18 only) or
 - ◆ Counselling for Carers under My Aged Care

For people who fit none of the above criteria, there is a fee of \$120 per hour to access CST's psychological services.