

I am writing in regard to the reduction in the number of rebated sessions provided by clinical psychologists. I have seen a psychologist in the past. Without a rebate I would not have been able to afford the service. I believe ten sessions is inadequate. I understand that it is currently up to 18 sessions, which I think is underfunded already, but ten sessions is too short. It took me and my psychologist a while to get to know each other e.g., for her to hear the background issues to my concern, before we were able to put a plan together to start working on issues. If there are only ten sessions, we would have run out of time. It is scary enough to start therapy, but to start therapy knowing that time is running out and you have to make progress really quickly would stop people like myself from accessing psychology services. Without the help that my psychologist provided, I was struggling to finish uni and get work. I had been getting benefits from Centrelink that the government was funding. Once I finished therapy, however, I got a job and was no longer a drain on the government. I understand that funding sessions costs money, but not supporting people like myself with rebates, also costs money. In fact, it costs more money. I suggest that the number of rebated sessions provided by clinical psychologists is increased to around 26 sessions (about once a fortnight for a year), rather than cut.