

I have recently been made aware of the changes to the Better Access scheme. I recently had a number of sessions of therapy from a clinical psychologist. My treatment involved a number of issues (including discussion of abuse that I had not previously disclosed to anyone else). If the government goes ahead with the capping of rebates provided by psychologists to only 10 visits per calendar year, people like myself would find themselves stuck without rebates part way through their treatment. I would not have been in a position to fund my treatment without the rebate.

I am also aware of the proposed reduction in rebates to clinical psychologists. Once again I am concerned that this would mean that I would not be able to afford treatment. I understand the alternative may be to see a psychiatrist or a non-clinical psychologist. I had sought therapy from several psychiatrists prior to my treatment with the clinical psychologist. My experience was that these psychiatrists did not offer the same type of talking therapy that my clinical psychologist did. The psychiatrists repeatedly spoke about medication use, when I wanted to talk about what had happened to me. I also would not have wanted to see someone without experience in working with people who had been abused. My clinical psychologist came highly recommended and I was happy with the service provided to me.