CLIENT

STOA THERAPY

EST. 2016

STOA THERAPY

WELCOME



Hello

MY NAME IS CALUM AND WELCOME TO STOA THERAPY!

Reaching out to speak with someone about the things you are struggling with can be incredibly difficult. Thank you for trusting in me, I do not underestimate this and take my role in your journey of self-development seriously. Many of my clients are not 'struggling' day to day, but are wanting to improve in certain aspects of their life. Whatever your circumstance in coming to me, I applaud you for the willingness to take that initial step.

I have developed this welcome pack to answer some frequently asked questions, but of course, if you have further questions, I welcome these too.

I am excited for our journey together and honoured that you've chosen to begin this with me.

Let's do this!

CALUM JOHAL
(FOUNDER AND PRINCIPAL THERAPIST - STOA THERAPY)

WHAT TO EXPECT

SESSIONS STRUCTURE AND LENGTH

Sessions via telehealth or in-person are 50 mins long, with the exception of the initial assessment session which lasts 75 mins. Initial sessions are longer to allow for comprehensive assessment, this includes your current circumstances, medical history, a brief understanding of your family, and goals for treatment; and of course, for us to get to know one another.

MHCP AND MEDICARE REBATES

With a valid MHCP from your GP, you are eligible for 10 sessions of rebates per calendar year. Rebates are currently set at $87.24

HOW LONG WILL TREATMENT TAKE?

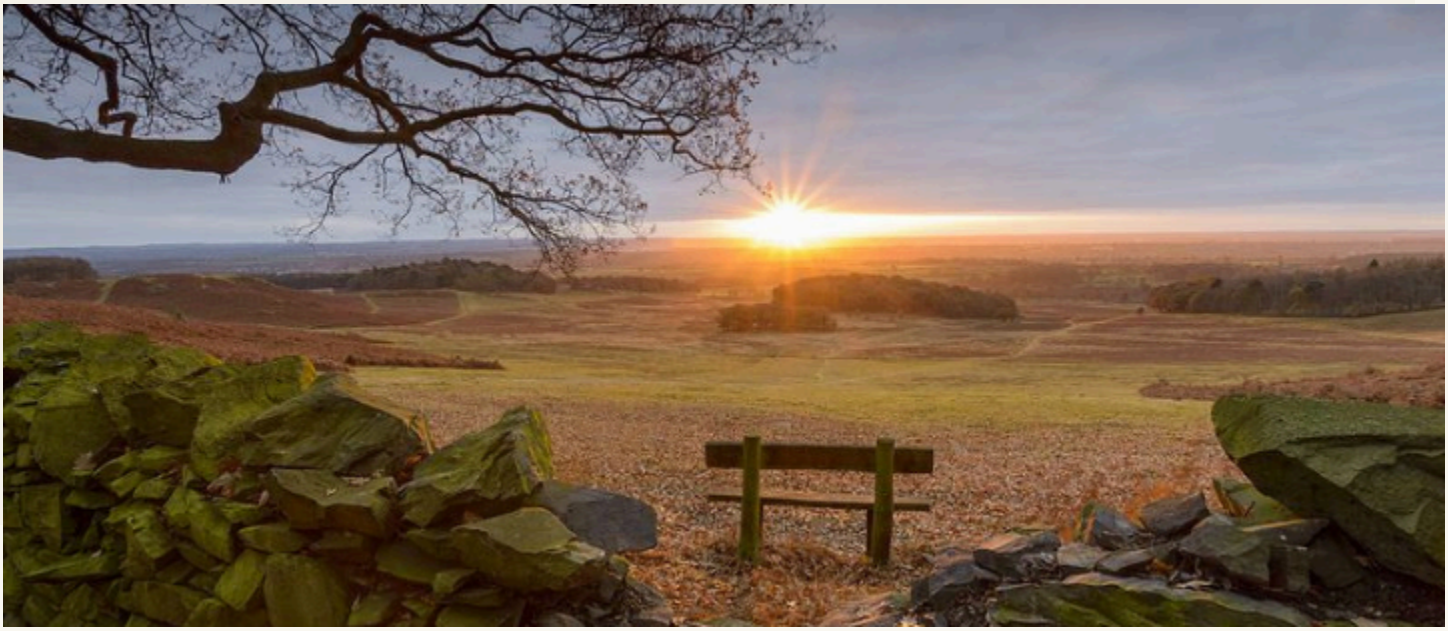
Length of treatment is determined by lots of different factors, including your goals for treatment, challenges you are facing, and ongoing assessment by Calum.

FREQUENCY OF SESSIONS

Sessions take place weekly or, fortnightly initially to allow us to gain momentum in therapy. As things progress, people in longer term therapy sometimes drop down to monthly.

LOCATION

Stoa Therapy is based in the centre of Bondi Junction, approximately a 5 minute walk from the bus/train station.



WHAT TO EXPECT

ADHD AND AUTISM

Calum has extensive experience of working with neurodiverse clients, but cannot provide formal diagnosis for ADHD or Autism. He can provide referrals to trusted colleagues for this.

CONFIDENTIALITY

As an adult, your information will not be shared with others without your consent, unless you tell Calum something that places you, or someone else at immediate risk of harm, at which point Calum may be lawfully obliged to inform others. Your client records will be stored securely and will not be shared without your explicit consent.

CALUM'S APPROACH TO THERAPY

Calum believes in the importance of integrity and honesty with all of his clients. This means that at times, there may be uncomfortable or challenging discussions. These conversations are vital to your development; the comfort zone is where growth dies. Calum recognises that it is a difficult and brave step to enter counselling and aims to be respectful and sensitive at all times.

FEEDBACK AND COLLABORATION

Calum values open communication. Nothing in life is perfect and Calum appreciates feedback about any aspect of his practice, so that he can improve for you and other clients.



WHAT TO EXPECT

FEES

Individual Therapy - $240 (50 mins)
Initial appointment - $300 (75 mins)
Couples Therapy - $275 (Initial appt - $325)
Family Therapy - $275 (Initial appt - $325)
Appointments outside of office hours (9-5 Monday to Friday) incur an additional $25 fee.

CANCELLATIONS

A full fee will be charged for cancellations within 24 hours of the appointment time, for cancellations within 48 hours, 50% of the fee is charged.

HOLISTIC WELLBEING

Calum views wellbeing as multidimensional. Your mental wellbeing is a huge part of this, but physical health comes hand in hand. In order to treat and support you effectively, Calum may ask questions or make suggestions around how the physical side of your wellbeing is interacting with the mental.

BETWEEN SESSION TASKS

No therapist has a magic wand. The reality is, change is hard and it comes from you. The scene may be set in the therapy room but actions occur outside in your day to day life, you get out what you put in. One foot in front of the other, you've got this.

PARKING & LOCATION

2 hours free parking is available in Westfield Bondi Junction. We are located behind Grill'd restaurant. On the left of it there is a lobby - walk in, there are lifts at the end on your right. Come up to Level 3, turn right and there are blue chairs for waiting. Text Calum when you arrive 0416 565 424

TOOLS & RESOURCES

01

BLOG POSTS

Calum writes blog posts which may be of interest to you. These can be found at: **www.stoatherapy.com/blogs**

02

KIDS AND PARENTS

- www.camhs-resources.co.uk
- www.headspace.org.au
- www.emergingminds.com.au

03

EMERGENCY

If you are in crises or in an emergency, please call '000' or attend your local ED urgently.

04

ADULTS

- www.beyondblue.org.au
- www.blackdoginstitute.org.au
- https://www.healthdirect.gov.au/mental-health-resources

HOW TO REACH ME

Office Hours: Mon, Tues, Weds, Thurs, Sat, 9:00am - 5:00pm (AEST)

Email	calum@stoatherapy.com
Phone	0401 698 832
Website	www.soatherapy.com

Suite 301, Level 3, 9-13 Bronte Road, NSW 2022
(next to Grill'd Bondi Junction)



THANK YOU!

Once again, thank you for choosing to work with me. I am excited for our journey together and appreciate the trust you are showing in me.

For updates of information, please keep an eye out on the blog posts on my website, LinkedIn, and Instagram.

Warm Regards,

CALUM JOHAL

FOUNDER AND PRINCIPAL THERAPIST - STOA THERAPY

WWW.STOATHERAPY.COM