



Information for GPs: Referring to Body Orientated Relaxation and Mindfulness Group Therapy with Medicare

As a registered member of the Australian Association of Social Workers and an accredited Mental Health Social Worker, I am able to provide approved psychological strategies under the Better Access to Health. Item number for Group Therapy 80170

The practice of Body Orientated Relaxation and Mindfulness is part of the approved psychological strategies under the Medicare scheme. Body Orientated Mindfulness is a sensorimotor approach that supports people who have experienced trauma and complex trauma. The practice is very gentle with a strong focus on breath, relaxation and gentle movement. The intention of the practice is to create regulation, and support past trauma experiences through a somatic approach to health and wellbeing. This includes Trauma Sensitive Yoga (an evidence-based program for those who suffer from trauma and PTSD), Yoga for Depression and Yoga for Anxiety and Mindfulness Based Yoga Therapy groups and individual sessions. These groups include skills training to support stress management and psycho education to support patients to make sense of their symptoms and encourage new ways of responding to stress and trauma triggers. Please see the following link for more information regarding group therapy as part of Psychological focused therapies under a mental health care plan:

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=80170&qt=item>

To have appointments for Body Orientated Relaxation and Mindfulness as funded under the Better Access to Health, a referral from a GP or psychiatrist is required. There is no standard form for referrals. It can be a letter or note that the referring medical practitioner has signed and dated. The referring practitioner can refer for up to eight services on one referral (course of treatment), with the continuation for 4 more sessions if appropriate.

You can assist access to the Relaxation and stress management sessions by completing a Mental Health Care plan stating access to Martine McDougall, Accredited Mental Health Social Worker for 10 Body Orientated Mindfulness group therapy sessions to assist in the mental health care of your patient. This referral will be required by the patient at their first appointment. A letter will be sent back to you once appointments have begun and at the 6th appointment.

Appointments are provided for clients at The Yoga Clinic, 220 Carr Place, Leederville.

Regards,
Martine McDougall
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