

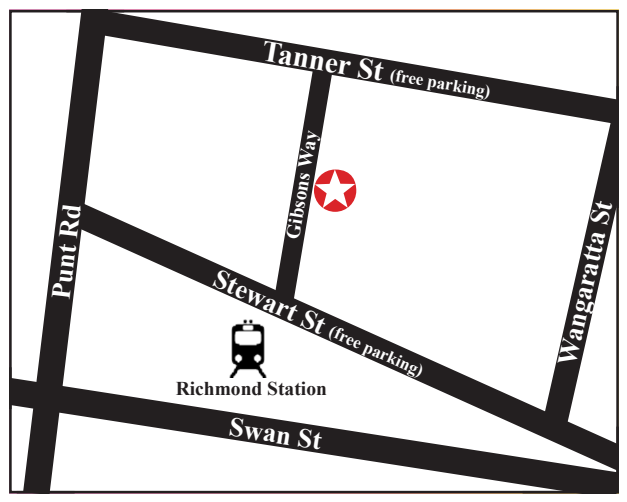


*AN INVESTMENT
IN YOUR WELLBEING
IS THE MOST IMPORTANT
INVESTMENT OF ALL*

THRIVE's Fees

- Fees vary depending on the type of service provided and the financial position of the client.
- All psychologists at THRIVE are registered Medicare providers, which means you are entitled to considerable financial assistance if you have a referral from your GP.
- Bulk billing services are available in some circumstances, which means there is no out of pocket expense for the client.
- Rebates are also accessible through some private health care funds.

**For further information please call THRIVE,
and one of our friendly staff will be happy to help.**



Location

THRIVE Psychology is located within the AKM Centre: Suite 11, 24 Tanner Street, Richmond (entry via Gibsons Way).

Transport

1 minute walk from Richmond train station and trams.

Parking

Free parking is available in surrounding streets.

Appointments

Appointments can be made by individuals or via a referral from a health professional. Appointments are scheduled by calling **0429 985 359**. Day, evening, and weekend appointments are available



THRIVE
psychology

11/24 TANNER STREET, RICHMOND, 3121
Ph: 0429 985 359 Email: info@thrivepsychology.org.au
www.thrivepsychology.org.au



*Individual Therapy
Couples Counselling
Child and Adolescent
and Family Therapy*

*WHY JUST SURVIVE,
WHEN YOU CAN THRIVE?*



THRIVE
psychology

www.thrivepsychology.org.au

*DON'T JUST GO
THROUGH LIFE....
GROW THROUGH LIFE*



About THRIVE

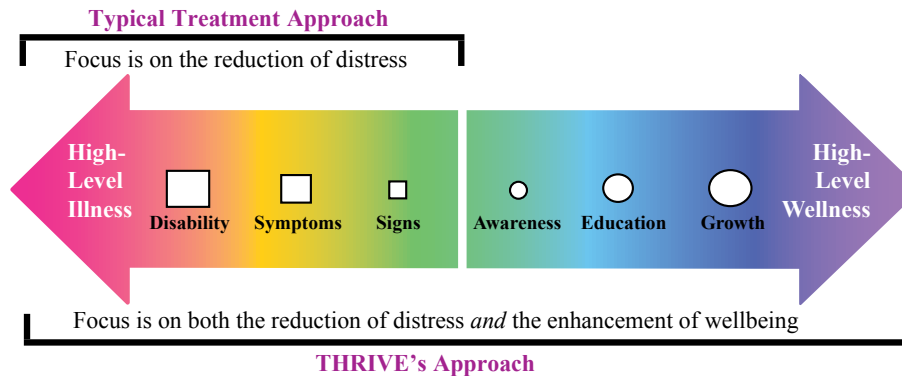
THRIVE is a private practice that provides psychological services of the highest quality to individuals, couples, and families. THRIVE provides a safe and caring environment for its clients, characterised by respect, acceptance, empathy and unconditional positive regard.

THRIVE's Psychologists

THRIVE's team includes several psychologists with a variety of professional specialisations, thereby having the ability to address a broad range of client issues and concerns. In this way, THRIVE is able to match clients with a psychologist that will best meet their needs. For more information visit THRIVE's website to view our psychologists profiles.

Why THRIVE?

THRIVE can cater to the needs of all individuals regardless of whether they are highly distressed or, alternatively, lacking a sense of fulfilment or wellbeing in their lives. Where other services focus exclusively on treating symptoms, THRIVE differs in that it offers services beyond symptom relief, which is essential in protecting clients against future distress. In doing so, THRIVE equips clients with the tools necessary for them to realise their wellbeing potential. THRIVE is committed to exploring beyond "what is wrong with this person?" to incorporate "what is right with this person, and how can their strengths be utilised?"



*YOU DON'T HAVE TO BE
UNWELL TO BENEFIT FROM
SEEING A PSYCHOLOGIST*

THRIVE and Positive Psychology

THRIVE utilises a Positive Psychology approach, in addition to other established treatment methods, to assist clients in optimising their wellbeing. Positive Psychology is a relatively new area of psychology focusing on the scientific study of wellbeing and happiness. Compared to many other practices, THRIVE is unique in that it offers evidence-based Positive Psychology interventions to help clients live rich and meaningful lives. Such interventions include:

- Mindfulness
- Strengths-Based Interventions
- Gratitude Interventions
- Goal Exploration and Attainment
- Cultivating Optimism
- Increasing Life Engagement and Inducing Flow
- Promoting Self-Care and Compassion

THRIVE's Services

THRIVE offers a range of psychological services including:

- Individual Therapy
- Family and Couples Counselling
- Child/Adolescent Therapy
- Coaching Psychology (Wellbeing and Performance Enhancement)
- Therapeutic Group Programs
- Education Seminars and Professional Development

THRIVE services can assist with a variety of psychological disorders (e.g. depression, anxiety, phobias, panic attacks), emotional distress and adjustment issues, trauma, grief and bereavement, relationship difficulties, stress management, anger management, chronic illness and pain management, sleeping problems, eating disorders, addictive behaviours, wellbeing and performance enhancement, as well as a range of other concerns.