

# Thank you for your enquiry



GEELONG,  
GROVEDALE &  
ONLINE

Wolf Therapeutic Community provides counselling, EMDR, yoga, and Occupational Therapy in the Geelong region (Wathaurong Country) and online via telehealth

We work with adolescent and adult clients, primarily over the age of 16

We specialise in neurodivergent and gender affirming care; trauma treatment; and mental health difficulties

We believe the right fit of therapist for the client is the most important part of therapy so we offer a free 15 minute phone call to ask any questions you have.

@WOLF\_THERAPEUTIC\_COMMUNITY

WWW.WOLF THERAPEUTIC.COM.AU



# About Claudia

(She/ Her )

I am an Accredited Mental Health Social Worker, yoga teacher and trauma specialist.

I run my sessions very collaboratively and at your pace.

My passion is working with mental health, complex trauma, the GLBTIQ+ community, and neurodivergent people, from an affirming framework.

You will be welcomed to the therapy space just as you are, and valued as an individual

## Contact info:

Phone: 0413 105 218

E: [enquiries@wolftherapies.com.au](mailto:enquiries@wolftherapies.com.au)

## Emergency info:

Please call 000 or Barwon Health Mental Health Triage 1300 094 187



## Qualifications

- Accredited Mental Health Social Worker
- BSW and Bach Health Science
- Graduate Cert Developmental Trauma
- Acceptance Commitment Therapy and EMDR therapy trained
- Member AASW & EMDRAA (assoc.)



# Therapy with Claudia

Eye Movement Desensitisation and Reprocessing Therapy offers highly effective support for PTSD, mental health disorders, pain management, complex grief, and adjustment difficulties.

EMDR is most effective when you are able to commit to weekly or fortnightly sessions consistently until the therapy goals are reached. I recommend a minimum of 10 sessions, and a medium to longer term commitment for very complex trauma.

It is an 8 phase process, and everyone moves through EMDR at a really different pace. I draw from a range of other therapies and practices to implement the preparation and stabilisation phases, before commencing desensitisation and reprocessing.

EMDR Therapy -  
Acceptance &  
Commitment Therapy -  
Polyvagal Theory  
ND friendly DBT skills -  
Core beliefs/ parts work  
Psychoeducation about  
the nervous system  
Yoga  
Therapeutic Art



Other questions about EMDR?

Here are some FAQs:

<https://emdraa.org/emdr-faq/>

Or check my socials,

where I frequently post information about EMDR.



# About Amy

(She/ Her)

My vision as an Occupational Therapist is to provide care and a safe nurturing space that is specific to the needs of the individuals I work with.

I work in a holistic way to honour an individuals strengths, differences and interests.

I am passionate about working with adolescents and adults who are neurodiverse or experience mental health challenges.

For me as an OT it is a privilege to support people on their journey to be their true self and reach their fullest potential.

I have experience in supporting emotional regulation, sensory and executive functioning challenges, and day to day skill building.



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## Services

- In home/mobile service
- NDIS funded clients
- Privately funded clients
- Mental health focussed OT for psychosocial disability
- Late identified ND adults
- Brief intervention and holistic needs assessment
- Functional Assessments
- Sensory Assessments
- Funding reports



Fee Structure  
October 2023

WOLF

*Therapeutic Community*

HOLISTIC RECOVERY AND SUPPORT





## EMDR & Counselling

\$220

Price for a standard 50 minute session.  
Sessions after 5pm and Saturday appointments  
are \$240.

NDIS participants may pay a gap fee.

It is recommended you invest in therapy on a  
minimum fortnightly basis initially.

I also offer longer sessions for processing  
complex trauma, debriefing your week, or to  
allow a sense of spaciousness when  
incorporating movement/yoga to your therapy.

Medicare rebates of \$81.90 are available for up  
to 10 sessions per calendar year with a valid  
referral from your GP (Mental Health Treatment  
Plan).



## Supervision & Consultancy

\$220

Standard price for one hour of consultation depending on clinician requirements e.g. new grad, case reflection, mental health accreditation pathway.

Complex consultancy fees start at \$240 per hour for depending on need (face to face meeting, file review, therapeutic change plan required)

Price structure for training and workshops by enquiry depending on level of tailoring required, number of attendees, equipment and preparation.



## Occupational Therapy

\$193.99

Priced per hour in line with the max rate in the  
NDIS price guide.

Face to face mobile service and Telehealth  
available.

Private clients welcomed.





## How do our fees compare?

The AASW recommended fee for Accredited Mental Health Social workers in private practice and supervision is \$270 per hour

Medicare rebates may be available for some services

Occupational Therapy is priced at the NDIS price guide rate

