



Access to Allied Psychological Services

SYMMETRY is a team of psychologists and administrative staff who offer services from many locations in the Wide Bay & Rural Area including Bundaberg, Hervey Bay, Maryborough, and Gin Gin. SYMMETRY is a wholly owned subsidiary of GP Links Wide Bay.

SYMMETRY employs three psychologists and one clinical psychologist who provide psychological patient-centred services including:

- ☞ **Mental Health Service** – Individual and group psychological therapies and counselling for adults and youth. SYMMETRY specialises in depression, anxiety, managing stress, pain, anger, relationship breakdown, grief and loss, illness, trauma, adjustment to change and loss of self confidence. A GP referral is required.
- ☞ **Priority Suicide & Self Harm Intervention Service** – (COMMENCING SOON)
Intensive short-term individual support for people at risk of suicide or self harm. A GP referral is required.
- ☞ **Perinatal Counselling** – The provision of individual and group psychological therapies for women experiencing perinatal depression. A GP referral is required.

SYMMETRY accepts referrals via fax or preferably via secure communication eg. Medical-Objects.

Once SYMMETRY receives a referral, the Practice Manager will make contact with the client directly to offer an appointment time. If clients need to go on a waiting list the client and GP will be informed. SYMMETRY clinicians see clients of all ages.

Progress reports will be sent to the referring GP throughout the consultative period.

Please contact SYMMETRY for additional information.

The ATAPS program is funded by the Australian Government Department of Health and Ageing.

Chi Cheng

Bundaberg

Chi is a registered clinical psychologist. He predominantly works with clients presenting with a range of issues including anxiety, depression, anger management, relationship conflicts, and personal growth. Chi employs a variety of evidence-based and best practice therapeutic interventions including CBT and ACT.

Tracy Gaze

Hervey Bay

Tracy is a registered psychologist who has worked in the private practice arena in both Hervey Bay and Bundaberg. She has experience in assisting with a range of general psychological concerns. With a background in education, she has extensive experience dealing with families and school age children, and particularly those in their teens. Tracy is comfortable communicating with people of all ages.

Karyn Hackney

Maryborough

Karyn has nearly ten years experience working within community mental health in public and private health services both in NSW and Qld providing group and individual treatment to children, adolescents and adults. Karyn is experienced in cognitive behavioural therapy, dialectical behavioural therapy, interpersonal psychotherapy and other evidence based approaches.

Geoff Pearce

Bundaberg

Geoff has a PhD in the study of 'perfectionism'. His current focus is on assisting people to be more constructive and productive in their lives and to be the best they can be. The theoretical orientations he applies to his work are; Acceptance and Commitment Therapy (ACT), CBT, Clinical Hypnosis, Metaphor Therapy (MP), Motivational Interviewing (MI), Personal Construct Psychology (PCP) and Schema Therapy (SC).