



Interweave Therapy

Couples Therapy

I have completed training (to Level 2) with the Gottman Method which is a scientifically sound approach to assess, understand and strengthen your partnership. More information about the evidence for the Gottman Method can be found here.

<https://www.gottman.com/about/research/>

As I have completed accredited training in this method, this fulfills Medicare criteria for access to rebates under group therapy item numbers.

The format for Gottman Method Treatment is as follows-

Session 1 -

Initial couple assessment- how therapy works, the Gottman Method and assessment of your narrative/relationship history and philosophy.

80- 90 minute appointment

Cost= \$350

Medicare Rebate (Item 170) = \$129.40

Session 2 -

Individual assessment appointments- each person meets with the therapist individually.

45- 50 minutes each

Cost= \$250

Medicare Rebate (Item 44) = \$118.00

Online written questionnaires on Gottman Connect.

Completed out of session.

Essential for the completion of the assessment.

Approximately 60-90 minutes to complete.

Cost of \$60 AUD (\$39 USD) for the couple (no Medicare rebate).

Once the fee is paid e-mail links will be sent to complete these assessments.

Separate e-mail accounts are needed for the completion of these questionnaires.

Session 3 -

Feedback and treatment planning.

Discussing and deciding goals, summary of strengths and areas that need improvement.

60 minute appointment

Cost= \$250

Medicare Rebate (Item 170) = \$129.40

Session 4 and ongoing sessions-

Generally recommended start as weekly or fortnightly but as treatment progresses then monthly may be workable until mutual couple agreement that ongoing sessions are no longer required.

Interventions are applied based on treatment goals defined in Session 3.

60 minute appointment

Cost= \$250

Medicare Rebate (Item 170) = \$129.40

After Session 3 you or your partner may decide that you do not wish to proceed further with therapy at this time. There needs to be enough trust and rapport between the couple and the therapist before proceeding into the treatment phase for therapy to be effective.

To be totally transparent there are also some contraindications as a professional therapist to providing couples therapy. During the initial assessment, if there is an ongoing affair/intimate relationships with other partners that is disclosed or if there is current domestic violence then couples therapy using the Gottman Method can not proceed.

If at any point during treatment that you feel that the timing is not right to continue, then sessions can be paused but if more than 6 months has elapsed between sessions then a re-assessment by repeating the online questionnaires and having a feedback and treatment planning session may be recommended.

MEDICARE SAFETY NET

The Medicare Safety Net can help to lower your out of pocket medical costs for out of hospital services. The Medicare Safety Net limits the medical out-of-pocket costs (full fee minus applicable medicare rebate).

Medicare Safety Nets have thresholds. These are the dollar amounts you need to reach in gap and out of pocket costs to be eligible. When you're eligible, you'll start getting higher Medicare benefits. This means you'll get more money back for certain Medicare services. Once you or your family have reached the Safety Net, your out-of-pocket costs will reduce to 20% of the out-of-pocket costs for appointments for all health professionals who have access to Medicare rebates for their patients.

The Safety Net is calculated each calendar year, 1 January to 31 December.

More information is available here- <https://www.servicesaustralia.gov.au/how-to-register-for-medicare-safety-nets?context=22001>