

ATMS Modality:

Counselling

Definition of Treatment

Counselling is a therapeutic relationship between a qualified counsellor and the client. It is both professional and intentional. In difficult circumstances, family members and friends are unable to provide an objective point of view. Counselling offers this objective perspective, thus enabling the client to gain insights and strategies to assist in managing their particular situation.

Counselling usually takes place on a one-to-one basis:

- A counsellor and client will normally sit with one another for an hour to discuss any relevant issues which are presented by the client.
- The counselling process involves a 'getting to know you' period just like any new relationship.
- The client is able to choose a counsellor and counselling style which is best suited to their particular situation.
- In order to make the counselling process as comfortable as possible, you may request either a male or female counsellor.
- The counsellor and client play an equal role in the counselling process. There is no 'expert' in a counselling relationship.
- The counsellor's intention is to make the counselling process both safe and supportive.



The assessment must include the development of a specific treatment plan as to the best course of treatment for the patient's condition. This treatment plan forms the basis of the clinical notes. These notes must be consistent with the ATMS Code of Conduct, the Unregistered Health Practitioner Act and the additional requirements set by the health funds.

Health Fund	Educational Requirements	Provider Number
Grand United	Practitioners need to apply directly and can contact health fund on 1800 249 966.	
Medibank Private	Meets ATMS requirements. <i>Whilst members may meet Medibank requirements, the client must have specific cover in order to be able to claim a rebate on this service.</i>	Names and details of eligible ATMS members will be sent to Medibank Private on a monthly basis. Medibank Private generates Provider Numbers after receiving the list of eligible practitioners from ATMS. Medibank Private sends these provider numbers directly to your clinic address/es.