

Treatments offered for the following conditions ;

- **Anxiety Disorders**
- **Chronic Pain Conditions**
- **Depression**
- **Anger Management**
- **Personality Disorders**
- **Post Traumatic Stress Disorder (PTSD)**
- **Stress Reduction**
- **Relationship Counselling**

How can I help you ?

Dale Martin is a registered Psychologist with 20 years of clinical experience. He is also a qualified Mindful Based Stress Reduction Teacher, Uni of Mass. Centre for Mindfulness.

He is a member of the Australian Pain Society and a member of the Australian College Of Clinical Psychologists.

Psychological Assessments
also provided on request.

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CENTRE FOR INTERGRATED MEDICINE
27 MT COTTON ROAD
CAPALABA 4157

Phone 3245 3219
Facsimile 3245 3299

*Services also offered in South East Queensland.

How can a psychologist help ?

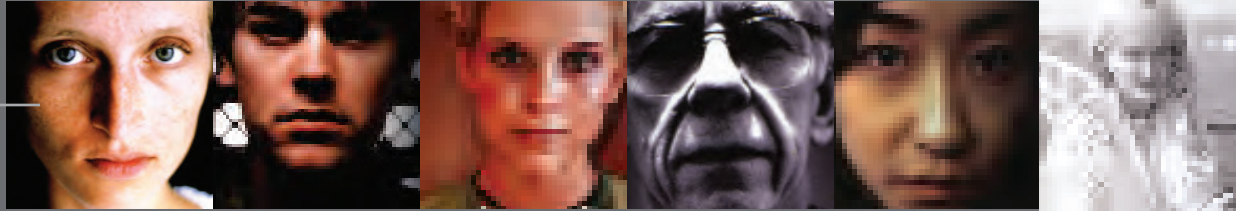
Sometimes you need
to talk to someone.

Someone who *can* help...



How can you tell when it's time to ask for help?

- When you feel like you can't do it alone
- When you feel trapped, like there's nowhere to turn
- When you worry all the time, and never seem to find the answers.
- When the way you feel is affecting your sleep, your eating habits, your job, your relationships ,your everyday life
- When it's not getting any better.



When **YOU NEED** to talk to someone who can **HELP**, you **NEED** an **EXPERIENCED**, trained professional.

How can a psychologist help?

A **PSYCHOLOGIST** can help you identify your problems and then figure out ways to best cope with them; to change contributing behaviors or habits; or to find constructive ways to deal with a situation that is beyond your control.

What is therapy?

THERAPY works by helping objectively look at behaviours, feelings and thoughts in situations which you find problematic. It helps you to learn more effective ways in dealings with those situations.

Therapy is a collaborative effort. You and I will identify your goals - what you want to have happen, and agree on how you'll know when you are making progress.

Progress and change can happen.

What about confidentiality?

YOUR PRIVACY is important.

All psychologists' subscribe to a Code of Ethics that requires strict efforts to maintain patient confidentiality.

