

FEES SCHEDULE



Fees reflect the time, preparation and professional expertise involved in delivering safe, effective care. Thoughtful Connections provides clear, accessible fees for all face-to-face, telephone or online counselling and support services. Our aim is to offer high quality, evidence-informed support while keeping our services transparent and accessible.

Professional accreditation ensures that all our clients receive high quality, evidence-informed care delivered with the skill and expertise that accreditation demands. As a result of recent professional mental health accreditation, eligible Thoughtful Connections' clients can access Medicare-funded support through the Better Access Initiative, and may be eligible for rebates. Please talk with your GP if you would like to access a Mental Health Treatment Plan to support your return to wellness.

New clients are eligible for one introductory 30-minute session for all our services, via phone or online. Subsequent sessions are charged at the following rates:

1. THERAPEUTIC COUNSELLING

- **Individual over 18 yrs: \$ 180 per hour**

Counselling sessions offer a calm, compassionate space to explore your experiences, deepen insight, strengthen coping skills and support your emotional wellbeing.

- **Couples: \$ 285 per 75-90-minutes**

Couples sessions provide a supportive, structured space to strengthen communication, connection and understanding between intimate partners, family members or colleagues. The focus is on strengthening relationships and improving interpersonal functioning.

- **Young adult 13-18 yrs: \$ 140 per hour**

These sessions provide a supportive space for teens to talk, learn practical coping skills and to feel understood.

- **Child 7-12 years: \$ 125 per 45-50 minutes**

Gentle, developmentally appropriate play- or art-based sessions that help children express emotions, build resilience and strengthen coping skills.

2. PROFESSIONAL SUPERVISION

(Not eligible for Medicare rebates)

- **Per individual adult, in clinic, online or via phone: \$150 per session**

A 60-minute session providing a safe, reflective and supportive space to explore your work, refine your skills and grow as a confident practitioner.

- **Per person per group, in clinic or online: \$ 55 per person per group supervision session**

Group Sessions offer a supportive, reflective space where practitioners can learn together, strengthen their skills, and grow in confidence. Groups are facilitator-led with a minimum of 4 members. Time frame for facilitator and between 4-6 members is up to 90 minutes; for facilitator and between 7-10 members is up to 150 minutes. Fees are per group session, face-to-face or online.

3. GROUPS

- **Therapeutic counselling groups:**

Therapeutic groups are designed to be accessible while still providing structured, evidence-informed support. Groups are facilitator-led with a minimum of 4 members. Fees are per group session, in clinic or online. Time frames: 4-6 members up to 90 minutes; 7-10 members up to 150 minutes.

- **Per adult (over 18 yrs): \$ 55 per session** - Sessions provide structured therapeutic support in a safe, guided environment.

- **Per young adult (13-18 yrs): \$ 40 per session** - Sessions give teens a safe space to build confidence, learn practical coping tools, and connect with others facing similar challenges.

- **Professional/clinical supervision groups:**

- **Per person per group: \$ 55 +GST per person per group supervision session**

Group supervision sessions offer a supportive, reflective space where practitioners can learn together, strengthen their skills, and grow in confidence. Groups are facilitator-led with a minimum of 4 members. Time frame for facilitator and

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between 4-6 members is up to 90 minutes; for facilitator and between 7-10 members is up to 150 minutes. Fees are per group session, in clinic or online.

- **Psychoeducational Groups/Workshops:**
 - **Per 60-minute session:** **\$ 55 per person**
 - **Per 90-minute session:** **\$ 75 per person**
 - **Per 120-minute session:** **\$ 90 per person**

Groups are designed to offer a supportive, guided space for shared psychoeducational learning, emotional connection and resolution and to learn practical coping skills. Groups contain focused psychological strategies delivered in a group format, and structured therapeutic interventions aimed at improving mental health symptoms and functioning. Groups are facilitator-led with a minimum of 4 members. Fees include session materials, preparation and follow-up resources. Fees are payable per group session, in clinic or online, for adults and young adults over 13 yrs. Medicare rebates may be available for clients with valid Mental Health Treatment Plans.

4. SOCIAL WORK

In clinic, online, or via phone, per person or family group:

- **Initial assessment:** **\$ 260 per 90 minutes**
- **Per ongoing session:** **\$ 240 per hour**
- **Assessment & report writing:** **From \$ 289 per hour or part thereof**
- **Attendance at Court / specialist briefings:** **From \$ 433 per hour or part thereof**

What these services include: These fees include session preparation, documentation and follow-up, coordination with other services (where relevant), professional communication and advocacy, development of plans, recommendations or resources tailored to your needs. Our goal is to ensure you receive support that is structured, purposeful and aligned with your goals.

Why clients choose this service: People often seek non-clinical support when they need help navigating complex systems; advocacy during stressful or overwhelming situations; structured guidance and clarity; coordinated care across multiple services; wellbeing support that complements therapy; professional input for family, school or workplace needs. These services are designed to help you move forward with confidence, with someone in your corner who understands the system and can support you through it.

5. OTHER SERVICES

Please contact Thoughtful Connections to discuss your needs for support-coordination, case management, advocacy, community services, non-clinical wellbeing, coaching, training/workshops or consultancy. We will be happy to provide a quotation for in-person or online services (all relevant non-clinical services attract 10% GST where applicable).

6. NOTES

- **Medicare:**

Medicare benefits are available for up to 10 individual and 10 group mental health services in a calendar year under the Better Access initiative. Clients with a valid Mental Health Treatment Plan (MHTP) and GP referral may be eligible for a Medicare rebate, which are processed after payment of fees. Medicare rebates are presently about \$85-\$90 for individual adult and adolescent sessions, \$175-\$180 for couple sessions, \$60-\$65 for child sessions. Medicare rebates for therapeutic groups are presently about \$20-\$40 per session depending on group length. Contact your GP for more information on obtaining a Mental Health Treatment Plan.

Professional and Clinical Supervision do not attract Medicare rebates.

For more information, please see [Better Access](#).

- **Accessibility:**

Please contact us if you are experiencing financial difficulties, do not let this be a barrier to seeking support - we are always happy to discuss your situation. Please ask about our discounts available for Concession / Healthcare Card holders.

- **Face-to-face appointments away from clinic:**

Home visits and face-to-face appointments conducted away from the clinic incur an additional \$30 service fee, plus return travel charged at the current ATO cents-per-kilometre rate. Travel costs will be confirmed prior to booking. Appointments are available within a 60-minute travel radius of our Mt Gravatt clinic.

Fees are reviewed annually in line with professional development, experience, and practice costs.