

July 2021

Caloundra Private Clinic

Visiting Medical Specialists

Ezifind



96 Beerburrum Street, Caloundra QLD 4551 For easy online bookings ramsaymentalhealth.com.au/caloundra

Available to all General Practitioners

Caloundra Private Clinic provides easy access to mental health services - one number is all you need. Call the Intake Team on **(07) 5492 0277** for all enquiries, admissions or fast assessment by a Psychiatrist;

- General mental health disorders
- Anxiety and Mood disorders
- Schizoaffective/Schizophrenia
- Post-Traumatic Stress Disorder (PTSD)
- Substance use disorders
- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation (TMS)
- Cognitive Behaviour Therapy (CBT)

All of our psychiatrists are specialists in adult and general psychiatry which covers anxiety, mood disorders, psychotic illnesses, substance/addiction and suicidality.

Dr Dushan Alponu

Psychiatrist

P: 5492 0221

F: 5492 0279

Special Interests: Mood disorders (depression, bipolar), anxiety disorders, Indigenous and veteran mental health and electroconvulsive therapy (ECT)

Dr Peter Clark

Psychiatrist

P: 5492 0221

F: 5492 0279

Special Interests: Substance use & addictions, Mental health & intellectual impairment, Medico-legal matters

Dr Marion Drennan

Psychiatrist (Non admitting)

P: 5492 0221

F: 5492 0279

Special Interests: ECT, Tele-psychiatry, Indigenous mental health, Psychotherapy

Dr Clive Fraser

Psychiatrist (Non admitting)

P: 5478 0888

F: 5478 0511

Special Interests: General adult psychiatry

Dr Brian Jacobs

Psychiatrist

Consulting Suite at Nambour Selangor Private Hospital

P: 5441 6477

F: 5441 6188

Special Interests: General adult and old age psychiatry, Psychotherapy – individual and group, Cognitive Behaviour Therapy (CBT), Neuropsychiatry, Complex trauma recovery, Workplace bullying

Dr Jon Steinberg

Director of Psychiatry

P: 5492 0221

F: 5492 0279

Special Interests: Older person psychiatry, Mood disorders, Schizophrenia, Substance use & addictions



Full profiles of the Specialists are available on our website

VISITING GENERAL PRACTITIONERS

Dr Bernadette Dutton

Dr Regina Greenwood

Dr Jim Williams

Mental Health Waiting Periods and Exemptions

When your patient takes out Private Health Insurance the waiting period for psychiatric care is two months. They can upgrade their existing basic hospital cover to inpatient mental health care without a further waiting period. They can do this at any time but once in their lifetime. Usually your patient will be eligible for higher benefits as soon as they upgrade. This exemption applies to hospital or hospital substitute care for:

- Mental health services
- Drug and alcohol treatment

CALOUNDRA PRIVATE CLINIC - Endoscopy Unit

Dr Ian Webb

(Gastroenterology)

ph: 5499 7366

f: 5499 7649

Dr Johan Van Den Bogaerde

(Gastroenterology)

ph: 5443 6011

f: 3445 4730

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ramsaymentalhealth.com.au



Ramsay
Mental Health



Mental Health Day Programs

Alcohol and Drug

Relapse prevention program (½ day) for the treatment of drug and/or alcohol misuse. The program is designed for people who have difficulties maintaining abstinence from alcohol and/or drug use

Program content includes:

- Psychoeducation on substance misuse
- Strategies to manage cravings
- Techniques to address unhelpful thinking
- Stress management and mindfulness
- Relapse prevention and management

Cognitive Behaviour Therapy (CBT)

A Day Patient Program (½ day) for the treatment of anxiety and depression.

The CBT Program content includes:

- Anxiety and depression management
- Challenging unhelpful thinking
- Stress management and mindfulness
- Communication training
- Activity scheduling
- Emotional regulation skills
- Relapse prevention and management

CBT Using Art Therapy

This program is designed for people who have difficulties with managing:

- Depression
- Anxiety
- Unhelpful emotions
- PTSD symptoms

Program content includes:

- Self care
- Boundaries
- Stress management
- Body image
- Anger management
- Sleep hygiene
- Relaxation and Mindfulness



Full information and brochures on our Day Programs are available on our website



Veteran Specific Mental Health

In the 10-week mood disorders program participants will learn effective strategies to enhance their ability to self-manage and seek early intervention in the event of relapse. Goals of this program are for participants:

- To gain an understanding of veteran-specific depression and other mood disorders
- To communicate needs and problem solve more effectively
- To implement self-soothing and grounding techniques
- To increase positive connections with family and friends through activity scheduling

In the 12-week anxiety disorders program participants will learn to set meaningful goals that will assist in a return to adaptive functioning. Program goals and benefits:

- Gain an understanding of Veteran-Specific anxiety symptoms
- Communicate more effectively and problem-solve
- Learn anger management skills
- Implement exposure therapy and grounding techniques
- Increase positive connections with family and friends through interpersonal effectiveness.

Transcranial Magnetic Stimulation (TMS)

TMS is a procedure which uses electromagnetic energy to stimulate certain areas of the brain.

Who can be treated with TMS? TMS is considered a safe treatment for most patients and can be used alone or as an adjunct to medication.

TMS is useful in treating depression, especially in patients:

- Who may have medication resistant depression
- Who are unable or unwilling to take medication, including patients with adverse reactions to medications, or those with renal or liver impairment
- Who would benefit from ECT, but are unable or unwilling to receive ECT treatment



More TMS information and a downloadable brochure is available on our website

General Enquiries
07 5491 1522

Facsimile
07 5491 9107

Medical Objects
Referrals.CLP@Ramsayhealth.com.au