



StV



## PSYCHOTHERAPY CLINIC

*A Specialist Ambulatory Clinic  
in Old Age Psychiatry  
operated by the Academic Unit since 2002*

- **Public Transport access**

**Tram:** No. 109 along Cotham Road to outside St. George's Hospital - stop 40 at Normanby Road

**Bus:** Route 547 & 548 from Latrobe University and Mont Park. Alight at Cnr. Burke Road & Cotham Road and walk or catch Tram No. 109 west along Cotham Road to John Street. Route 624 from Kew to Oakleigh via Chadstone & Holmesglen. Alight at stop on Cnr. John Street & Cotham Road. This bus connects with trains at Auburn Station.

**Car:** Enter from Normanby Road entrance.

- **Ready access to pathology and imaging services**

**Academic Unit for Psychiatry of Old Age  
University of Melbourne  
St Vincent' Aged Psychiatry Service**

**Normanby Unit, St. George's Hospital  
283 Cotham Road, Kew Vic 3101  
Telephone: (03) 9816-0508  
Facsimile: (03) 9816-0403**

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## **Psychotherapy Clinic is part of the Community based Ambulatory Care Service provided by the Academic Unit**

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Psychological treatments are effective in late life as in younger adults. Psychotherapeutic interventions can play an important role in treatment of the elderly.

This Psychotherapy Clinic offers a variety of support and psychological treatment for people over the age of 65 suffering from any of the following conditions:

- Depression
- Anxiety
- Social Phobia
- Agoraphobia
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Adjustment Disorders
- Addictions

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## **Referrals**

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Referrals to this clinic can be made by:

- General Practitioners
- Community Services (APATT, ACAT)

*Written referral containing reasons for referral and brief history of the patient and current problems and referral letter from patient's current General Practitioner*

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## **Psychotherapy Clinic Activities**

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The following types of the psychological treatments provided:

- Psychodynamic psychotherapy
- Cognitive –Behaviour Therapy
- Grief Therapy
- Grief counselling
- Supportive psychotherapy

### **Feedback**

- Written report to General Practitioners

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## **Appointments**

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Clinic operates on Thursday mornings at Normanby House, St George's Hospital.

### **Clinic Consultant**

Dr Vahid Payman, Fellow of the Royal Australian and New Zealand College of Psychiatrists and the Faculty of the Psychiatry of Old Age

Appointments to Psychotherapy Clinic can be made by telephone or fax:

Telephone (03) 9816-0508

Facsimile (03) 9816-0403

**ALL CONSULTATIONS ARE BULK BILLED (MEDICARE CARD REQUIRED).**