

PROFESSIONAL DISCLOSURE STATEMENT

Nadine Pelling, PhD

My name is Dr Nadine Pelling. I am a Clinical Psychologist. I have experience and training in the provision of Clinical Psychology as well as Counselling.

I have many years of experience treating emotional difficulties, cognitive difficulties, behavioural and health problems, and relationship issues. However, clients remain the experts on their own lives. As a result, you are ultimately responsible for your own growth and change and therefore have the right and responsibility to determine the therapist and the type of therapy that best meets your needs.

My therapy approach is founded in the Cognitive Behavioural and Rogerian therapy styles. I use primarily cognitive behavioural techniques. Additionally, I engage in motivational interviewing and mindfulness/hypnosis as appropriate with clients. I take an action-oriented and solution-focussed approach.

While I tend to be active in therapy, asking questions, offering suggestions, and looking for patterns reflected in a client's speech and life descriptions, I also work with clients to set the direction for therapy. Specifically, you identify what goals upon which you would like to work and choose a course of action based on a discussion of alternatives in session. As I am active in therapy, I also expect my clients to be active in therapy. This means that you are expected to complete therapeutic action plans or homework activities between sessions. This may be as simple as going for a short walk, listening to a relaxation exercise, or writing down some family history or details regarding a current experience for discussion in our next session. Please note that no benefits can be guaranteed in treatment and all treatment has both costs and benefits. You are encouraged to ask your clinician about and discuss these costs and likely benefits before deciding to engage in treatment. I am also available to discuss with you your treatment alternatives.

I earned my BA Hon. in Psychology from the University of Western Ontario, a MA and a PhD in Counselling Psychology from Western Michigan University, and am a Registered Psychologist with Clinical Endorsement in Australia. I am a Member of the Australian Psychological Society and their College of Clinical Psychologists.

Although originally from Canada, I have called Australia home since the year 2000. I began my clinical experience in Mental Health in 1995. I have also worked within the Mental Health System in Australia. I teach clinical psychology and counselling & interpersonal skills at the University of South Australia and have done so since 2003. My private practice work is not associated with nor connected to my UniSA work and thus services are not provided as part of the University of South Australia's offerings but independently by myself. Due to my full-time work at UniSA, however, I only see clients one day a week and thus scheduling flexibility is limited as is the amount of time I can spend with clients. If you require flexible scheduling or intensive/crisis services I will not be the therapist for you.

Your cost for therapy will be identified at the beginning of treatment. If you are experiencing financial hardship, you may apply for a fee reduction. Occasionally I find it necessary to change my fee structure. If this occurs during your treatment, you will be given notice prior to the increase of fees. If you have any questions regarding your treatment or fees, I encourage you to talk with me.

I use an administrative service to help me with my secretarial duties. The service is bound by a confidentiality agreement. As a result, if you call me the phone will be forwarded and you will not reach me but instead need to leave your details (name/number) and a message. Please note that I do not provide emergency services. If a life is in danger at any time, please contact 000. I return messages/calls as soon as is possible. However, if this occurs over a weekend, out of hours, or while I am on holiday/at a conference this may mean that my response is delayed.

As a Registered Psychologist and member of the Australian Psychological Society, I adhere to my professional ethical codes/guidelines. I safeguard client confidentiality. Confidentiality, however, has its limits. All clients/prospective clients need to refer to my Confidentiality Document for information regarding confidentiality and its limits.

Please be aware that psychologists do not practice psychiatry. A psychiatrist is a medical practitioner and can prescribe medication. If you are interested in psychiatric services, please consult your General Medical Practitioner for a referral.

I find my work as a clinician fulfilling and engaging. I look forward to getting to know you. Should you have any questions, please do not hesitate to talk with me.

Sincerely,

Nadine Pelling, PhD
Clinical Psychologist