

News – Psychology and Health January 2021

This newsletter contains practice updates and a selection of the articles placed in my news blog during 2020.

Welcome

Welcome to my new newsletter focusing on psychology and health and wellbeing.

Each newsletter will contain a selection of links to articles that I find interesting (and usually placed on my news blog) related to aspects of health.

CAUTION:

Please note the information is provided for education purposes and I am not advocating a treatment option. If you read anything that is of interest for you please discuss with your relevant health professional e.g. General Practitioner or mental health professional.

CONTACT INFORMATION

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Practice updates

Medicare Referrals

New instructions from medicare indicate that a GP referral letter to a psychologist MUST now specify the number of sessions being authorised.

Initially a referral is for a maximum of 6 sessions then a review by the GP is required, a further 4 sessions then can be authorised (again the number of sessions must be specified by the GP).

After the completion of 10 sessions another 10 may be authorised HOWEVER there is a maximum of 20 sessions that are allowed in a calendar year.

A downside to a medicare referral?

Recently a client reminded me of the unintended consequences of a Medicare referral as it becomes part of your medical record. The client found that later when he was seeking insurance for his professional work that the referral was taken into account in terms of exclusions to his policy.

If you have concerns about this issue please seek professional advice on this matter.

Do I have to have a Medicare referral?

A Medicare referral from a GP is not necessary to access a psychologist.

A referral is necessary if you are accessing Medicare rebates.

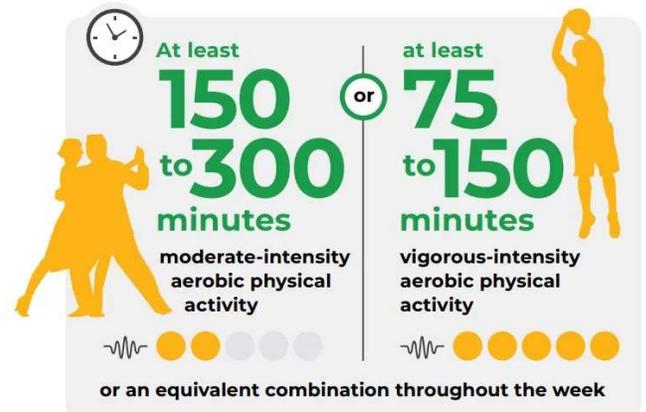
Lifestyle and Mental Health



A study from the University of Otago reported in the Science Daily adds to the evidence of the importance of lifestyle on overall health. This study looked at young adults and mental health – in summary, Getting good quality sleep, exercising, and eating more raw fruits and vegetables predicts better mental health and well-being

[Continue reading "Lifestyle and Mental Health"](#)

Importance of physical activity



In reading these new WHO guidelines on amount of daily recommended physical activity we should be undertaking, it may be challenging to consider how will I achieve this goal as "I do not have the time". Often the answer is not easy and involves a restructuring of how we undertake our daily activities.

[Continue reading "New Guidelines – Physical Activity"](#)

Following the release of the WHO guidelines on physical activity the ABC Health Report did a podcast on What dose of physical activity is best for you?

Dr Norman Swan interviews Dr Melody Ding Associate Professor, Sydney School of Public Health, Faculty of Medicine and Health, University of Sydney Podcast 30 November: length 8.5 minutes

[Continue reading "Exercise – Podcast"](#)

E-health options for mental health

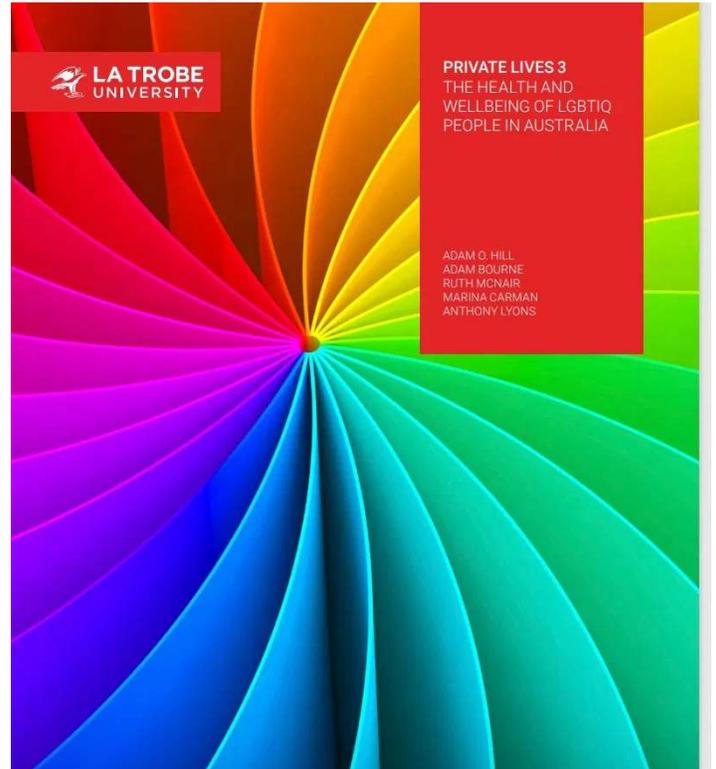


There is evidence for the effectiveness of online courses to support mental health. The recent Productivity Commission Report on mental health highlighted that online treatment can provide a convenient, clinically effective, low-cost way ... to manage their mental illness.

Information on various options can be found at the Health Direct website – see below.

[Continue reading "E-Health options for mental health"](#)

Health and wellbeing - LGBTIQ community



This report from Latrobe University is a comprehensive survey of the health and wellbeing of LGBTIQ people in Australia. In total, 6,835 participants completed the PL3 survey. Over half (54.4%) of participants were in a committed romantic relationship/s, of whom almost half (48.1%) had been in this relationship/s for five or more years.

[Continue reading "Private Lives – Survey on health and wellbeing of LGBTIQ people in Australia"](#)

Self pleasure



I read this article in The New York Times on the death of Betty Dodson (a feminist sexologist and evangelist of self-pleasure) had a major influence on a generation of women in terms of the ability to self-pleasure.

[Continue reading "Sexual Health – Betty Dodson Dies"](#)

Mindfulness



The Harvard Review of Psychiatry has published a review related to mindfulness and behavioral change.

This article from MedicalXpress discusses the paper. I have also provided a link to the original research paper. Mindfulness approaches can help patients with a wide range of physical and mental health conditions to initiate and sustain changes

[Continue reading "Mindfulness"](#)