



WELL-AWARE-NESS Psychology and Mindfulness Meditation Centre Programme 2015

▶ WELL-AWARE-NESS REGULAR MEDITATION GROUPS

SYDNEY

THURSDAY MORNINGS 10.15am to 11.30am at North Sydney

THURSDAY EVENINGS 7:30pm to 9.00pm at North Sydney

TWEED COAST

MONDAY EVENINGS 6.30PM to 7.45PM at Currumbin Valley Qld
Contact Kym Campbell M: 0405 720 187

▶ WELL-AWARE-NESS SATURDAY URBAN RETREATS

Urban Retreats are held on Saturdays at North Sydney, from 9.00am to 3.30pm

Mindfulness Meditations & Wisdom Teachings on:

- | | |
|---------|-----------------------------------|
| FEB 21 | Realising The main Thing |
| May 2 | Gratefulness |
| June 20 | Stress Less, Live More, Love Life |
| Aug 22 | Conscious Relationship |
| Oct 17 | Art & Heart of Listening |

▶ WELL-AWARE-NESS COURSES - New Course in 2015 HSC

HSC : Help Stay Calm : Student Course & Parents

February 4, 11, 18, 25 (4 week Course running throughout the year)

7.00pm to 9.00pm running for 4 weeks

Designed to support and prepare Students and Parents for the pressures and challenges of the HSC journey.

▶ WELL-AWARE-NESS PRIVATE SESSIONS & CONSULTING WORK Sydney & Tweed Coast

Mindfulness and Wisdom based CBT, Counselling for Issues, Anxiety, Illnesses, Meditation Training, Life Coaching, Professional Health Care Supervision. Medicare & Health Fund Rebates.

NORTH SYDNEY: TUES/ WED / THU / FRI ~ TWEED COAST: MONDAY / SATURDAY

Mindfulness Based Meditation Courses, Workshops, Retreats, Seminar Presentations tailored for 'Specialist Areas' of Public, Private and Corporate Sector by request.



With
John
Barter

WELL-AWARE-NESS Psychology

14 Ridge Street North Sydney NSW 2060 Ph: (02) 9460 4131

'Ratanagiri' 11 Double View Rd, Farrants Hill, Tweed Valley NSW 2484 Ph: 0400 022 048

www.wellawareness.com.au / info@wellawareness.com.au

A CONSULTATION WITH JOHN BARTER

Registered Psychologist PS0057894 (NSW) PSY0000980414 (PBA) Work Cover: 9741

BA (PSYCH) (Uni. Syd.), GRAD.DIP. SCI. (PSYCH) (Uni. Syd.), M.COUN., MAPS



John is a registered Psychologist and Mindfulness Meditation Teacher working from Well-Aware-Ness at North Sydney and the Tweed Valley. John offers psychological and psychotherapeutic counselling, life coaching and mindfulness meditation training consultations, as well as health professional supervision sessions. John's counselling sessions may be helpful for issues relating to general life stress, relationship issues through to the experience of anxiety, depression, emotional distress and physical based illnesses such as chronic pain, chronic fatigue and cancer.

What is unique about a consultation with John is his particular approach which resources the wisdom insights of traditional Buddhism sourced from John's over 30 years of Buddhist practice together with mindfulness meditation training.

CONSULTATION DURATION

A consultation with John may be for 60 minutes or 90 minutes duration, however it is generally preferred to have 90 minutes for the initial consultation. Clients are encouraged to bring a notebook to jot down relevant points and insights that might occur during the consultation as well as questions that John may ask to ponder before the next consultation.

CONSULTATION LOCATION

John sees clients at Well-Aware-Ness in North Sydney on Tuesdays, Wednesdays, Thursdays and Fridays. John is also available on the Tweed Coast on Mondays and Saturdays.

CONSULTATION FEE

Individual Psychology Fees for 2015

- \$200 (60 minutes)
- \$290 (90 minute)

Couples Psychology Fees

- \$250 (60 minutes)
- \$360 (90 minutes)

Fees are due for payment at the time of the consultation either by cash, EFT or cheque. A receipt is given at this time for those people who may be able to obtain a health fund rebate.

REBATES

John is a provider through most of the private health funds enabling clients to receive a rebate if they have coverage for Psychology. These funds include Bupa, Medibank Private, HCF, Grand United, NIB, AXA (HBA), New South Wales Teachers Federation Health Society and Government Employees Health Fund. Since November 1st 2006 a health care initiative through Medicare now allows a rebate for consultation with Psychologists. John is registered through Medicare to facilitate a rebate of approximately \$90 per consultation for up to 10 consults per year. Clients will need to obtain a referral from a GP or psychiatrist together with Health Care Plan 2710 to receive this rebate.

CANCELLATION POLICY

In keeping with practice standards Well-Aware-Ness does have a **strict cancellation policy** in which clients are asked to be aware of and adhere to acts of consideration and respect for the therapeutic work that is being engaged. This includes:

- **At least 24** hour notice of cancellation or change otherwise consultation fees will apply.
- If you do not appear for the appointment you will likewise be asked to pay for the consultation.
- If you need to cancel or change the appointment time **PLEASE TELEPHONE or Email**.
- If you arrive late for your appointment you are required to pay for the full allotted time of the consultation.

BOOKINGS

To book or alter a consult with John please call **(02) 9460 4131 at North Sydney**.

For sessions with John at **Farrants Hill/ Tweed Valley phone 0400 022 048**.

Phone consultations are also possible. For other queries such as courses, workshops and retreats please email **info@wellawareness.com.au** or refer to our website **www.wellawareness.com.au**.

WELL-AWARE-NESS Psychology is operating from:

North Sydney: 14 Ridge, St North Sydney NSW 2060 +61(2) 9460 4131

'Ratanagiri': 11 Double View Road, Farrants Hill / Condong N.S.W 2484

Ph:0400 022 048

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