

Additional information for GP's (please provide a copy to your patient)

Please forward your referrals to this email address:

pwc@citysc.com.au

Background

The Psychotherapy Written Case (PWC) is a mandatory summative assessment of the RANZCP Fellowship Program, which involves providing supervised psychotherapy informed by psychodynamic principles. At least 40 sessions should be delivered across a 6 – 12 month period, with one session per week.

These 40 sessions with the psychiatry registrar would be free for your patient.

The psychotherapy sessions would only occur during office hours on a weekday.

In the longer term, we envisage that building relationships between GP's like yourself and psychiatry registrars (the vast majority of whom work in the public sector and who by chance could even be working in your catchment area), will be beneficial for all, especially given the barriers that many GP's experience when trying to refer patients to their local mental health service.

Criteria/The patients who would be most suitable

Patients who are likely to do particularly well are the patients who would prefer to talk and better understand how their adverse experiences in childhood have influenced their current adult relationship patterns and contributed to their long-term symptoms of depression or anxiety. Patients who have had Cognitive Behavioural Therapy and have only partially responded because they felt the approach was too superficial, may also benefit from this therapeutic modality.

As this would be the first long term psychotherapy patient for these registrars, patients with severe developmental trauma would not be appropriate. We are looking for patients with some degree of developmental trauma and ongoing moderate levels of symptoms but are functioning OK in the present and are low risk.

On our website, citysc.com.au, under the tab (at the top of the page) titled "Resources and Education", is a copy of an article I wrote a few years ago outlining a systematic approach to determine who would be an appropriate psychotherapy patient for the Psychotherapy Written Case ("Patient Selection for the PWC GP version"), which may be of interest.

In the same section ("Resources and Education"), is a document of a checklist ("Psychotherapy Written Case Patient Eligibility Criteria"), which we would appreciate you using, as it would help us ensure that the patients would be appropriate for the registrars. Please ensure that your patient fulfils ALL the criteria before referring them.

Assessment and referral process

The patient will have a one-off assessment via Zoom by a senior mental health clinician whom I have worked with for years (Marion Fuller, Social Worker). The patient's case will then be discussed with me for confirmation about their suitability. If the patient is deemed suitable, we will refer the patient to the relevant public mental health service, by sending an email to the relevant liaison person e.g. Psychotherapy Lead (Metro North Mental Health), with the patient's details, who will forward it to a registrar who is looking for a psychotherapy patient. This registrar will then liaise directly with the patient to organise appointment times etc.

While we will endeavour to refer the patient to the relevant public mental health service associated with the catchment area that they live in, this may not always be possible.

Once the assessment by Marion Fuller has been completed and the referral sent to the relevant public mental health service, Clinical Governance of the patient will be closed to Marion Fuller and myself and revert back to you as the referring general practitioner.

Once the patient's case has been accepted and opened by the relevant public mental health service ("the service"), Clinical Governance of the patient's psychiatric care will then be under the service, who will also provide inhouse psychotherapy supervision for the registrar.

While all this is being done in good faith, neither I nor Marion Fuller can guarantee that your patient will be accepted by the relevant public mental health service (despite our recommendation), as there may be other systems issues out of our control that may act as barriers for your patient.

Costs incurred by patients and requirement of Mental Health Care plan.

The only cost to your patient will be a one-off fee of \$350, payable following the assessment with Marion Fuller. This fee is as of 1 January 2025 and will be adjusted for inflation annually thereafter.

The 40 sessions with the psychiatry registrar would be free for your patient.

To ensure that your patient is eligible for a Medicare rebate, **please also write a Mental Health Care plan addressed to Marion Fuller:**

Provider number 4793553A/4793554K
Email: pwc@citysc.com.au
phone number 0422 866 989
Fulfilling Minds, 719 Albany Creek Rd, Albany Creek Old 4035,

while indicating in your referral that the patient is being referred for an assessment of their suitability as a PWC psychotherapy patient.

It is useful to compare these fees with that charged by a clinical psychologist, which is \$280 for a 50-minute psychology session, with the initial assessment fee of \$406 for an 80-minute session. Furthermore, only 10 psychology sessions can be claimed through Medicare in a calendar year. So, over the 40 sessions, it will cost less for your patient to see a registrar than a clinical psychologist.

The other obvious benefit to your patient would be access to psychotherapy, as most psychiatrists and psychologists (especially the most senior and competent ones), are no longer accepting new patients.