



**Therapeutic Services
Information Pack**

Related Policies & Procedures:

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Therapeutic Services Information Pack

About Us

Karden Disability Support Foundation (KDSF) is a small and innovative not-for-profit organisation that provides individualised services to more than 100 people with disabilities. The organisation is based in Ballarat and supports people in the City of Ballarat, Hepburn Shire, Moorabool Shire and Golden Plains Shire local government areas.

Karden provides the following services for people with disabilities in Ballarat and the surrounding area:

- Direct Support
- Service Coordination
- Person Centred Planning
- Program Delivery
- Therapeutic Interventions

KDSF staff strive to create customised services for all the people we support. An important part of our work is also to work with our community and help them to understand that a person with a disability is primarily that - a person first. Our individualised flexible support service enables people to access their community or receive the support they require at home, or both!

The therapeutic service aims to provide evidence based interventions for people struggling with any kind of circumstance in their life. People can work through any issue that is important to them in a safe, confidential and respectful place. It is an opportunity to explore where people are in their life and where they want to be. Our therapists view people as the experts on their own life and their role is to guide the participant through a process of greater self-understanding and awareness. This process often reveals new ways in which people can improve their circumstances and live a fulfilling life based on their values and beliefs. Our therapeutic approach is best characterised as a cooperative partnership that aims to empower people by giving them a greater insight into their strengths and giving them the tools that will help them deal with life's challenges.

Our Therapeutic Services also provide specialist interventions that are tailored to meet a wide variety of communication, cognitive and physical needs. Although the service caters to the needs of people with disabilities, the provision of therapeutic interventions is open to anyone in the community. Income generated from the services we provide goes back to building more opportunities for people with disabilities in the Ballarat region. Supporting our not-for-profit services helps build a stronger community.

Therapeutic Services

Our Therapeutic Services can assist people with a wide range of issues such as:

- Relationship problems
- Anxiety and panic attacks
- Depression
- Grief, loss and bereavement
- Stress
- Trauma
- Suicidal ideation
- Life changes/transitions
- Low self-esteem and self-compassion
- Emotion regulation
- Positive behaviour support
- Impulse control
- Assertiveness
- Identity development
- Life goals and life purpose
- Spirituality
- Decision making
- Creative blocks
- Any major theme in your life that you would like help with

Our range of therapeutic modalities caters to the diverse needs of the community:

- Counselling
- Art Therapy
- Rhythm 2 Recovery (a drum based therapeutic intervention)

Getting Started – The First Step

If you are considering using our therapeutic services, please book a free consultation with one of our Therapeutic Services Intake Team who can undertake an assessment of your needs. To book an appointment, please email or call and ask to speak to either Eddie or Karina. During this session, we will work with you to determine what your goals are, explain the services we have on offer and how these can assist you in achieving your goals.

If you are unable to attend our premises, then we can negotiate to bring the service to a setting that suits you. We will consider in-home provision of services in certain circumstances and/or providing therapy in other locations of choice to the participant such as parks, gardens etc. In both cases, not all therapeutic modalities would be available and the setting will need to be supportive to the therapy process.

If you require the help of a support worker, friend or family member to assist with any personal support needs that may arise during a session, please see the section below *Bringing Helpers to Therapy*. Alternatively, you can enquire about employing a Karden support professional if needed.

Contact Information

Therapeutic Services Intake Team members: Eddie Retelj and Karina White

Phone: (03) 5331 7924

Email: therapy@karden.org.au

Address: 602 Urquhart Street, Ballarat

(entry is via the Windermere street car park entrance and reception is in the heritage building).

Web: www.karden.org.au

Therapeutic Modalities

Counselling and Psychotherapy

Counselling is a safe, confidential and respectful place to talk about, or work through, any issue that is important to you. It is an opportunity to explore where you are in life and where you want to be. You are the expert on your life and the therapist role is to guide you through a process of greater self-understanding and awareness of yourself in relation to your issue. This process often reveals new ways in which you can improve your circumstances and live a fulfilling life based on your values and beliefs. Counselling is a cooperative partnership that aims to empower you by giving greater insight into your strengths and giving you the tools that will help you deal with life's challenges.

Our counselling service adopts a strength based, solution focused approach to therapy. This process uncovers inner and outer resources that can be used to resolve a person's problems that may have been pushed to the background by a dominant, problem-saturated narrative. Deeply exploring a person's circumstances often reveals existing skills and knowledge that can be used or developed to create the change they want in their life. This process also develops greater awareness of a person's values and beliefs which aids in prioritising options and making decisions.

Counselling and psychotherapy is offered to individuals and is also run in group format where required.

Our practitioners are PACFA accredited (Psychotherapy and Counselling Federation of Australia).

See *Schedule of Fees and Charges* below for the costs of this service.

Arts Therapy

Art Therapy initiates a process within yourself of deep exploration which encourages individual self-expression, awareness, personal and transpersonal growth. This approach uses body-focused interventions that intuitively stimulate the body's felt sense. These are called sensorimotor achievements and they foster a sense of empowerment and development of a more authentic self.

Depending on your needs we can cover a range of different art based therapeutic approaches:

- Collage
- Working with chalk, crayons and oil pastels
- Finger paints, water-colors and acrylics
- Plasticine
- Clay
- Mask making

The above art forms are used to develop your narrative and assist with exploring the major themes in your life. The therapist will use various non-verbal intervention skills such as varying the use of art materials, choice of setting and timing of the process.

Our practitioners are PACFA accredited (Psychotherapy and Counselling Federation of Australia).

See *Schedule of Fees and Charges* below for the costs of this service.

Rhythm 2 Recovery

R2R is a drumming program designed to enhance physiological and psychological wellbeing. The workshop focus is around rhythm based interventions in a therapeutic setting (for individuals and groups). You will work with skilled practitioners who will deliver a series of evidenced based drum based activities to:

- Build confidence
- Improve communication
- Develop understanding of emotions in self and others
- Improve emotional control, grounding and regulation
- Provide an opportunity for Mindfulness and Flow
- Promote and maximize engagement
- Explore exercises for fun and focus
- Help build healthy relationships and team work (group sessions only)
- Promote empowerment and autonomy
- Increase motivation and positive behavior
- Creative reflection to create narrative and strengthen understanding.

Using the R2R Model as a base, practitioners will lead individuals and groups through a series of rhythm based percussive exercises that are tailored to meet participants wants and needs.

See *Schedule of Fees and Charges* below for the costs of this service.

Funding Your Participation

If you identify as having an impairment or disability, we are a registered NDIS provider so your participation with our therapeutic services can be funded in this way. Discuss with your planner your eligibility for receiving funding for therapeutic services and incorporate this cost into your funding package.

At present, while NDIS rolls out, use of ISP funding is recommended. To discuss this matter further, please contact your DHS case manager, funding agency or Karden.

If you do not identify as having an impairment or disability you can still access our services. Whilst the therapeutic service is delivered by a not-for-profit community service organisation that specializes in working with people who identify as having a disability, we also provide services to the broader community. Please make contact to discuss your needs.

For more information on costs, see the *Schedule of Fees and Charges* below.

Bringing Helpers to Therapy

Sometimes the assistance of a support worker, friend or family member is needed to attend to personal care needs during therapeutic work. Sometimes a supportive person is needed in the introductory stages to help establish the therapeutic relationship. Our therapists are happy to accommodate this need.

Since therapy can be a deeply personal process, any helpers present will be required to sign a third party confidentiality agreement. If this person is needed throughout the therapeutic process, we recommend bringing the same person with you each session.

Anyone adopting a supportive role will need to be beneficial to the therapeutic process. They will need to play a passive role and not detract from the work being done with the participant. Any personal support/direct care needs should be attended to as needed however, beyond this, the support person will need to follow the instructions from the therapist and the participant regarding how best they can contribute to the process. Unless specifically instructed by a therapist, support people are not to be involved in any art making/music/sand play processes.

Are you supporting a person who uses the Therapeutic Services?

The person you are supporting today has chosen a therapeutic service as part of their weekly program. This person pays for this specialist service.

Arriving on time and staying until the end enables the client to get their monies worth! If you play a role in transport, allowing enough time to arrive 5 minutes before the scheduled start is advisable.

The main focus of your participation as support worker is to be there for any personal support/direct care needs this individual may have. Whilst not performing this role, you need to be passive and non - participatory with both the individual you support and the therapist.

You will be required to complete a third party confidentiality agreement

During the therapy session, you will negotiate with the person you support and the therapist where you will base yourself for the shift when not needed for active support. It is important that you are readily available and comfortable.

If you wish to leave the room/complex (for a toilet break etc) please check with the person you support first that it is ok, and then let the therapist know. Be mindful that you getting up and moving about will break the flow for the client, so ensure it's just on an as needs basis.

When in the therapy session **DO NOT**

- Talk on your mobile phone
- Talk with other support staff
- Move around the space (unless necessary)
- Talk to the person you are supporting from across the room , if you need to attend to them during a session, walk over to them and talk quietly.
- Talk with your employer if they have some work you could do remotely

Who assists the individual to participate?

The person you support has chosen to do a therapy program led by qualified practitioners. The staff are exceptionally skilled at trying to find ways for people to engage with the process regardless of physical limitation and impairment. It is our staff's responsibility to engage the individual in the therapeutic process. As a support worker you need to be available for the person when they need assistance with personal support/direct care only.

There are times when the therapist may ask you to assist the person. Please be led by them.

Specific to the use of arts therapy

Unless asked by the therapist, you are not to be involved in any of the individuals art making process.

Specific to the rhythm and drama based therapies

Unless asked by the therapist, you are not to be involved in any of the individuals process. Both participating in, and running a body based session requires great focus and concentration. Any background noise and distraction can damage the integrity of the work being done. It is essential that there is no noise.

More information

If you would like to discuss this with a member of the therapeutic team please arrange a time outside of your client's session. We welcome any questions, concerns, and/or suggestions.

Please see *Getting Started – The First Step* above for our contact information.

Schedule of Fees and Charges for Therapeutic Services

Effective 1st May 2017

Fee for Service prices are all GST inclusive.

Service	NDIS Participant	Fee-for-Service	Fee-for-Service Concession
Counselling/Psychotherapy – Individual	As per NDIS price guide	\$110	\$65
Counselling/Psychotherapy – Group (minimum of 3 participants)	As per NDIS price guide	\$40	\$25
Art Therapy – Individual	As per NDIS price guide	\$110	\$65
Art Therapy – Group (minimum of 3 participants)	As per NDIS price guide	\$40	\$25
Rhythm 2 Recovery – Individual	As per NDIS price guide	\$60	\$45
Rhythm 2 Recovery – Group (minimum of 3 participants, 10 week program)	As per NDIS price guide	\$40	\$25

- Cancellations: Session fees will be charged on all cancellations where notice is given less than 24 hours before session start time. Cancellations given with more than 24 hours notice will not incur any fee.