

A serene sunset scene with a bright sun low on the horizon, casting long rays of light across a blue sky filled with scattered white clouds. The foreground shows a dark silhouette of a field and distant mountains.

# Towards Better Sleep

A group programme for insomnia

[www.towardsbettersleep.com.au](http://www.towardsbettersleep.com.au)

# About the programme

TBS is a cognitive behavioural treatment programme that has been effectively treating insomnia for almost two decades. The programme uses evidence based techniques meaning they have been scientifically proven to be effective in treating insomnia. The programme focuses on education, behavioural techniques, correcting faulty thinking and relaxation strategies.

The group is held in 4 x 1 hour sessions at Psychology Consultant's Morningside practice. A group setting held in the evening offers many benefits including reducing the cost of treatment and giving clients the opportunity to share and learn from each others insomnia experiences.

The group has been running with very good results for the past twenty years, with the same facilitators – a Clinical Psychologist and a Psychiatrist. The format of the group is laid out to successfully educate, correct, and complete homework strategies over the 6 weeks of the course. Participants learn from each other, and keep each other motivated to correct their sleep problems





# FAQs

## What Happens in the Programme?

The therapists take the participants through 4 1 hour sessions about insomnia and its management.

## Who Attends?

The only attendees at the sessions are the group participants and the therapists. There are a maximum number of 9 participants in each group. New participants cannot join a group that has already commenced.

## Why is it a Group?

A group setting offers participants the opportunity to share their stories, and learn from the experiences and ideas of other insomnia sufferers, in a private and confidential environment. It also allows the therapists to treat more people in a cost-effective way.

## How Long Does the Programme Run?

The Towards Better Sleep programme is configured as 4 early evening sessions occurring over a 6 week period.

## Where and When is the Programme Held?

The venue is the Psychology Consultants southside office, located at 18 Thynne Road, Morningside. The building is located just off Wynnum Road, above the Spar Convenience Store and Thynne Road Deli. There is parking available behind the building and in Ison Street. The programme dates are finalised once group numbers are known. Each session commences at 6.00pm on a Thursday evening.

## Do I Need to Bring any Materials?

No. You will be given a folder/workbook and printed material for each session which we ask you to bring to subsequent sessions.



# FAQs

## What Happens to Information Held About Me?

All personal and clinical information held is subject to the usual provisions governing any doctor-patient or therapist-patient relationship. Before releasing this information to anyone we must first obtain your permission, however, we would usually write back to your referring doctor at the programmes completion. Finally, we hope to submit data from the programme to the scientific literature for dissemination and feedback at a later date.

To do this we will seek your permission to use de-identified data, which is information that does not identify who you are and pertains to the group as a whole eg. Gender and age, test scores before and after treatment.

## What is the Cost?

Each session costs \$140.00 to attend, however we request full programme payment of \$560.00 prior to the programmes' commencement. These group sessions are a medical service, provided by a medical practitioner and are therefore subject to a Medicare rebate of \$45 per session. For what is provided in the programme the out-of-pocket cost of \$95 is cheaper than equivalent individual treatment. We will provide participants with a receipt on completion of each session to enable you to claim your rebate directly from Medicare.

## What if I miss a Session?

In the event that you miss a group session due to unforeseeable circumstances you will be able to cover the material in a single individual treatment session with Kathryn Smith or Dr Curt Gray. You will need to contact Psychology Consultants on 07 3356 8255 to arrange this. Whilst we are not able to provide any refunds for missed sessions there is a guarantee that the individual session which is a “make-up” for a missed session of the programme will not attract an out-of-pocket fee.



# FAQs

## What if I Don't Feel any Better?

Like all treatments or management approaches in medical or psychological practice there are occasions where a treatment provided won't be helpful. The Towards Better Sleep programme is no different in this regard. If you find the programme is of no benefit to you then you must speak to your referring doctor about this and about what further treatment options are available.

## How do I enrol?

To register your interest, or to enrol, please call Psychology Consultants Morningside on (07) 3395 8633 or email [tbs@psychologyconsultants.com.au](mailto:tbs@psychologyconsultants.com.au)





# About the Facilitators



## Dr Curt Gray- Psychiatrist

Dr Curt Gray completed his medical degree in 1985 and began specialist training in psychiatry in 1988. He is a fellow of the Royal Australian and New Zealand College of Psychiatrists and has been a registered psychiatrist with the Medical Board of Queensland since 1993. From that time he ran a successful Brisbane private practice in general adult psychiatry and attended the Princess Alexandra Hospital as a Visiting Medical Officer. From early 2007 to late 2010 he held the position of Clinical Director, and Senior Specialist, at the Gold Coast Hospital Consultation-Liaison Psychiatry Service, before he moved to be Senior Specialist at The Prince Charles Hospital until the end of 2014. Since then he has been in private practice. He has a major clinical interest, and considerable experience, in the area of Sleep Disorders Medicine, especially the assessment and management of insomnia disorders. He is a recent member of the RANZCP Federal Committee for Examinations and is a member of the Australasian Sleep Association, where he is involved in the Special Interest Group on Insomnia.



## Kathryn Smith- Clinical Psychologist



Kathryn Smith has been a registered psychologist since 1992 and is joint director at Psychology Consultants. She is a full member and qualified supervisor for the APS College of Clinical Psychologists. With extensive experience and predominant training in the field of cognitive-behavioural therapy, Kathryn's work experience has been broad. She has worked in child and adolescent psychiatry, community psychiatry, health psychology, acute psychological assessments, medico-legal assessments, and individual counselling, management and supervision. Kathryn has held senior clinical positions in both the public and private health sectors. Kathryn's special interests lie in treating adults with anxiety disorders such as health anxiety, panic, phobias, obsessive compulsive disorders, social phobia, and generalised anxiety disorder. She has extensive experience and expertise in treating insomnia and is the co-founder and facilitator of the Towards Better Sleep program.



# PSYCHOLOGY CONSULTANTS

Psychology Consultants is a well-established and highly regarded clinical psychology practice in Brisbane. Since 1995, Psychology Consultants has provided high quality evidence-based psychological assessments and treatments for people experiencing a range of personal and emotional challenges, such as stress, anxiety, depression, and relationship problems. We work hard to combine evidence based practice with an active focus on creating a safe, trusted, empathic and confidential working relationship.

Situated in offices on the southside at Morningside and northside at Newmarket- both offices offer ample parking and are close to public transport. The Psychology Consultants team is made up of male and female clinical and registered psychologists who are all registered with the Psychologists' Board of Queensland, registered Medicare providers, and members of the Australian Psychological Society. They have undertaken at least six years of specialist university training in clinical psychology and have a number of years experience in a variety of fields and specialisations.

## Contact Us

### Morningside practice

18 Thynne Rd, Morningside

Phone: 3395 8633 Fax: 3395 8611

Email: [tbs@psychologyconsultants.com.au](mailto:tbs@psychologyconsultants.com.au)

[morningside@psychologyconsultants.com.au](mailto:morningside@psychologyconsultants.com.au)

[www.towardsbettersleep.com.au](http://www.towardsbettersleep.com.au)

### Newmarket practice

Reading Complex, 400 Newmarket Rd

Phone 3356 8255 Fax 3356 8477

Email: [newmarket@psychologyconsultants.com.au](mailto:newmarket@psychologyconsultants.com.au)

[www.psychologyconsultants.com.au](http://www.psychologyconsultants.com.au)