



PROFESSIONAL DISCLOSURE STATEMENT

Victoria Basile

My name is Victoria Basile. I am a Registered Psychologist with experience providing individual and family therapy. I have broad knowledge of psychological theory and research and extensive knowledge in therapeutic counselling techniques. However, clients remain the experts on their own lives. As a result, you are ultimately responsible for your own growth and change and therefore have the right and responsibility to determine the therapist and the type of therapy that best meets your needs.

My therapy approach is guided by Cognitive Behavioural Therapy, with influences and elements from Acceptance and Commitment Therapy, Compassion Focused Therapy, Dialectical Behaviour Therapy, Mindfulness-based approaches and Relational and attachment-informed therapy.

I approach therapy in a collaborative way, working with clients to set the direction for therapy. Specifically, we will identify the goals you would like to work towards and discuss a course of action. During therapy, I will actively be asking questions and looking for patterns reflected in a client's speech and life experiences. As I am active in therapy, I also expect my clients to be active in therapy. This means that you are expected to complete therapeutic or homework activities between sessions. This may be as simple as going for a short walk, listening to a relaxation exercise or writing down some family history or a current experience for discussion in our next session. Please note that no benefits can be guaranteed in treatment and all treatment has both costs and benefits. You are encouraged to discuss and ask your clinician about these costs and likely benefits before deciding to engage in treatment or not. I am also available to discuss with you your treatment alternatives.

I hold a Bachelor of Psychology with First Class Honours and a Master of Clinical Psychology from The University of Sydney. I have also previously completed a Bachelor of Medical Science with First Class Honours and a Master of Public Health from The University of Sydney. My experience in counselling started in 2018 as a Crisis Supporter at Lifeline. I gained experience as a Provisional Psychologist in hospital and community settings through NSW Health, as well as through clinical research projects at The University of Sydney and Macquarie University. I am registered with AHPRA and hold an Associate Membership with the Australian Psychological Society.

Your cost of therapy will be identified at the beginning of treatment. There is an annual price increase on your fees to meet the rising operating costs of the clinic, which is based on the yearly increase recommendations of the Australian Psychological Society.

I work at McKinnon Psychology only two days per week on Wednesdays and Thursdays (11 AM until 6 PM). For scheduling consultations, please call reception at 0435 950 320. Reception is available to answer calls Monday to Friday between 10:00 AM – 4.00pm. Please note that I do not provide emergency services. If a life is in danger at any time, please contact 000.

As a Registered Psychologist I adhere to professional ethical codes. I safeguard client confidentiality. Confidentiality, however, has its limits. I suggest that all clients/prospective clients refer to the Confidentiality section on the Informed Consent form.

Please be aware that psychologists and counsellors do not practice psychiatry. A psychiatrist is a medical practitioner and can prescribe medication. If you are interested in psychiatric services, please consult your General Medical Practitioner for a referral.

I thoroughly enjoy my work as a Psychologist and look forward to meeting you. Should you have any questions, please do not hesitate to talk to me.

Sincerely,

Victoria Basile

Registered Psychologist