



Ansara Psychotherapy

Engage. Reflect. Transform.

<http://ansarapsychotherapy.com>

**Dr Gávi Ansara Rates for New Bookings from 15 Nov 2018**

**Income Equity Statement:**

Dr Gávi (PhD Psych, MSc Soc Psych, MCouns) is a Clinical Psychotherapist who is a Registered NDIS Provider and a MediBank Private Provider. He aims to provide accessible services to people with low or no income when possible. Outside of his private practice, Dr Gávi is involved in voluntary community service to provide psychosocial support for people seeking asylum and people experiencing severe hardship. **See next page for information about fee rebates.**

Despite ongoing legislative efforts by the Psychotherapy & Counselling Federation of Australia (PACFA) to add Psychotherapists & Counsellors to GST exemptions for health services, **all rates except for NDIS include 10% GST.** Payment is due by electronic bank transfer with payment screenshot sent 48 hours in advance for distance sessions and 7 days prior to in person bookings. **Send payments to:** Yosef Gavriel Ansara, NAB Checking Account BSB # 082-052 Acct # 12-707-7718.

If you cannot afford these rates, then Dr Gávi can refer you to a GP for a Mental Health Care Plan and/or to therapists who provide rebated services through Medicare (with a referral from your GP), the Psychological Support Services (PSS) Scheme, or another source. However, if you are seeking weekly or fortnightly sessions of 3 or more months, Dr Gávi may be a more affordable and accessible fit for you than a Medicare-rebated therapist. Medicare rebates with a GP's Mental Health Care Plan typically cover only **part** of the fees charged by most Registered Psychologists in private practice. Few private providers bulk bill, but Medicare will only rebate a maximum of 10 one on one + 10 group sessions/year. After these 10 sessions, **you will typically have to pay full fees.** Australian Psychological Society (APS) 2018-2019 Recommended Schedule of Fees: **\$251 per 45-60 min session.** Some charge >\$251/hr. Inability to pay can lead to harmful service gaps and interfere with the therapeutic relationship, which research shows is a key factor in therapeutic outcomes.

Medicare does not rebate distance sessions outside of rural/remote areas and does not typically cover sessions with partners or families. Medicare also restricts the therapeutic methods that can be rebated, currently excluding multiple evidence-based methods that are considered international 'best practice'. In addition, the rebate process requires providers to share some of your personal clinical information.

<b>Combined Annual Income* (for all adults attending)</b>	<b>1 person</b>	<b>2 people</b>	<b>3 or more people</b>
<b>Regular Rate:</b> <100,000	1 hour = <b>\$176</b> 1.5 hours = <b>\$264</b> 2 hours = <b>\$352</b>	1 hour = <b>\$187</b> 1.5 hours = <b>\$280.50</b> 2 hours = <b>\$374</b>	1 hour = <b>\$198</b> 1.5 hours = <b>\$297</b> 2 hours = <b>\$396</b>
<b>High Income Rate:</b> >100,000	1 hour = <b>\$220</b> 1.5 hours = <b>\$330</b> 2 hours = <b>\$440</b>	1 hour = <b>\$242</b> 1.5 hours = <b>\$363</b> 2 hours = <b>\$484</b>	1 hour = <b>\$275</b> 1.5 hours = <b>\$412.50</b> 2 hours = <b>\$550</b>
<b>NDIS Participants</b> (GST exempt, NDIS pays full fees) <i>(see pg.2 for details)</i>	'Bulk bill' (no fee gap) 2018/19 NDIS standard allocation rate: \$152.95	N/A	N/A
<b>Low Income Rate:</b> Health Care, Pensioner, Concession, &/or Student ID <i>(screenshot required)</i>	1 hour = <b>\$132</b> By distance only Limited slots available	1 hour = <b>\$154</b> By distance only Limited slots available	N/A



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### **Rebates Available:**

#### **NDIS**

Dr Gávi is a Registered National Disability Insurance Scheme (NDIS) Provider of Therapeutic Supports, including Individual Counselling (Support Item Ref. Number: 15\_043\_0128\_1\_3), in ACT, NSW, Queensland, and Victoria.

He provides 1 hour 'bulk billing' (no fee gap) sessions for NDIS recipients at the standard 2018/2019 allocation rate for this Support Item: \$152.95. This means that the NDIS pays for the full cost of your sessions and you pay nothing outside of your NDIS funding.

#### **Important:**

Before your first NDIS-funded session with Dr Gávi, you will first need to ensure that you are registered as an NDIS Participant and that you have adequate NDIS funds available to pay for Therapeutic Supports within your plan.

For example, you would need  $\$152.95 \times 52 = \$7953.40$  to cover weekly one-hour sessions for a year.

After you have checked these details, Dr Gávi encourages you to contact him directly by email, WhatsApp, or phone to ask lots of questions and see whether he is a good fit for you.

If you decide Dr Gávi would be a good addition to your team, then you (or your Support Coordinator, if you have one) can contact Dr Gávi directly to tell him:

- who manages your plan (you, a third party agency, or the NDIS)
- your NDIS participant number and date of birth
- your NDIS plan start and end dates

Dr Gávi will need this information to prepare a Service Agreement for you (and/or your Support Coordinator) to review. After you have reviewed the Service Agreement and made any edits you wish, then he will need you to sign and return (by email or by post if email is not possible for you) the Service Agreement. Next, he will need to create a Service Booking for you on the NDIS system. Both the Service Agreement and Service Booking steps must be completed before your first counselling session.

#### **MediBank Private**

Eligible MediBank Private members may be entitled to a benefit for Counselling with Dr Gávi. Not all MediBank Private products pay benefits for Counselling (Item Number: BOCN). Due to Australian privacy legislation, you (the health fund member) will need to contact MediBank Private on your own behalf to ask about your entitlements for Counselling (not Psychology).

#### **Details you will need:**

**MediBank Private:** Yosef Ansara, MediBank Private Provider #A099291J.

**NDIS:** Yosef Ansara, Reg. NDIS Provider #4050035621.

**NSW & Vic Service Provider Addresses:** To protect the safety and privacy of people coming for therapy, we do not publish our physical addresses. Please contact Dr Gávi directly for these details.