



Ansara Psychotherapy

Engage. Reflect. Transform.
<http://ansarapsychotherapy.com>

Dr Gávi Ansara Rates & Payment Policies August 2019

Income Equity Statement:

Dr Gávi (PhD Psychol, MSc Soc Psychol, MCouns) is a Registered NDIS Provider and MediBank Private Provider. His paid work enables his voluntary public services for people experiencing extreme hardship and some no fee/minimal fee therapy slots for people seeking asylum, people below \$40,000 a year including benefits, and/or solo parents/carers. **See next page for fee rebates.**

Combined Annual Income (add incomes for all adults attending)	1 person	2 people	3 or more people
Regular Rate: Below \$110,000	1 clinical hour (50 mins) = \$180 1.5 clinical hrs (80 mins) = \$270 2 clinical hrs (110 mins) = \$360	1 clin hour = \$190 1.5 clin hrs = \$285 2 clin hrs = \$380	1 clinical hour = \$200 1.5 clin hours = \$300 2 clin hours = \$400
High Income Rate: \$110,000 or higher	1 clinical hours = \$200 1.5 clinical hrs = \$300 2 clinical hour = \$400	1 clin hour = \$220 1.5 clin hrs = \$330 2 clin hrs = \$440	1 clin hour = \$250 1.5 clin hrs = \$375 2 clin hrs = \$500
NDIS Participants (GST exempt , bulk bill, NDIS pays fees) (see pg.2 for details)	Assessment, Recommendation, Therapy And/Or Training (Incl. AT) - Other Therapy 15_056_0128_1_3 1 clinical hour = \$180 1.5 clin hours = \$270	Specialist Behavioural Intervention Support 11_022_0110_7_3 1 clin hr = \$190 1.5 clin hrs = \$285	Specialist Behavioural Intervention Support 11_022_0110_7_3 1 clin hour = \$200 1.5 clinical hrs = \$300 2 clinical hrs = \$400
Self-Pay Hardship Rate: < \$70,000 <u>including benefits</u> (includes parent/carer income if you live with them rent-free or they pay for therapy)	1 clinical hour only = \$135 Waitlist for slots, distance only <i>Screenshot of Health Care, Pensioner/Concession, or Student ID Card required</i>	Contact Dr Gávi to discuss a Hardship Variation Agreement that is affordable for you.	Contact Dr Gávi to discuss a Hardship Variation Agreement that is affordable for you.

Non-NDIS Payment Details & Policies:

Despite ongoing legislative efforts by the Psychotherapy & Counselling Federation of Australia (PACFA) to add Psychotherapists & Counsellors to GST exemptions for health services, all non-NDIS rates 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. For overseas PayPal payments, please add the transaction fee. Preventing mounting unpaid therapy bills is part of professional ethics. **If you have unpaid fees for 7 days, future sessions may be cancelled, and you may need to rebook.** Please notify me immediately if you might need a Hardship Rate to afford payments. **Send payments to:** Yosef Gavriel Ansara, NAB Checking Account BSB # 082-052 Acct # 12-707-7718. Please list your name and session date in the reference line (e.g., "GAVI 22ND MAY").

Important Information about the Limitations of Medicare Rebates:

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 Medicare-rebated services (with a referral from your GP or another source). If you are seeking weekly or fortnightly sessions of 3 or more months, Dr Gávi is likely to be more affordable than a Medicare-rebated therapist. Medicare rebates typically cover only **part** of the fees, as few private providers bulk bill and Medicare rebates only cover a maximum of 10 one on one sessions/year. After these 10 sessions, **you will typically have to pay full fees.** Australian Psychological Society (APS) 2018-2019 [Recommended Fees](#) were **\$251 per 45-60 mins for one person, including telephone consultations.** Some Medicare-rebated therapists charge over \$300/hr. Medicare only rebates distance sessions in rural/remote areas. Medicare limits rebates to only some therapeutic methods, currently excluding multiple evidence-based, international 'best practice' methods. In addition, the Medicare rebate process requires sharing some of your personal clinical information with Medicare.



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Rebates Available:

NDIS

Dr Gávi is a Registered National Disability Insurance Scheme (NDIS) Provider of Therapeutic Supports as Yosef Ansara, Ansara Psychotherapy, Reg. NDIS Provider #4050035621.

For psychotherapy for one person:

Assessment, Recommendation, Therapy And/Or Training (Incl. AT) - Other Therapy (Improved Daily Living Skills) Item code:15_056_0128_1_3

Fee: \$180 per hour bulk billed to NDIS

For Relationship & Family Therapy sessions with 2 or more people:

Improved Relationships category, Specialist Behavioural Intervention Support

Item code: 11_022_0110_7_3

Fee for 2 people: \$190/hour bulk billed to NDIS

Fee for 3 or more people: \$200/hour bulk billed to NDIS

If your plan includes adequate funding, then this will mean that the NDIS pays all therapy costs.

Important:

Before your first NDIS-funded session with Dr Gávi, you will first need to register as an NDIS Participant. Due to the complexity of the NDIS application process, Dr Gávi recommends that you contact an advocacy organisation focused on people with disability labels and/or impairments (e.g., VMIAC in Victoria here: <https://www.vmiac.org.au/services/ndis/>) for assistance. Help with your application is also available here: <https://reimagine.today/step-1/getting-started/>

You or a support worker will need to ensure that you have adequate NDIS funds available to pay for Therapeutic Supports within your plan. For example, you would need $\$180 \times 46 = \8280 to cover weekly one-hour psychotherapy sessions for one person a year (with 6 weeks per year without sessions due to public holidays, annual leave, etc.).

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 the Service Agreement (by email or by post if email is not possible for you). Next, he will need to create a Service Booking for you on the NDIS system. The Service Agreement and Service Booking must be completed before your first session.

MediBank Private

Eligible MediBank Private members may be entitled to a benefit for Counselling with Dr Gávi as Yosef Ansara, MediBank Private Provider #A099291J. 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).

August 2019 Dr Gávi Income Equity Rates & Policies for New Bookings