



## Information for GPs: Referring to Body Orientated Relaxation and Mindfulness Group Therapy with Medicare

The practice of Body Orientated Relaxation and Mindfulness is part of the approved psychological strategies under the Medicare scheme. Body Orientated Mindfulness is a sensorimotor approach that supports people who experience anxiety, depression and/or trauma and complex trauma. The practice is very gentle with a strong focus on breath, relaxation and gentle movement. The programs I offer include Trauma Sensitive Yoga (an evidence-based program for those who suffer from trauma and PTSD) and Yoga for Depression and Anxiety, both of which are conducted in a group setting.

The intention of the practice is to equip participants with body-oriented strategies to use regularly in their lives and on occasions where their symptoms overwhelm them. In short, these programs assist participants to;

- Develop or strengthen their sense of self
- Learn to tolerate their body's sensations
- Find strength and stability in their body – and with that, safety
- Regulate their physiology and their emotion
- Be able to separate their gut instinct from their fear(s)
- Encourage behavioural activation
- Identify ways of overcoming lethargy and brain fog
- Undo fight, flight, freeze and submit responses and instead cultivate new and safe action patterns
- Remember their trauma without physically and psychologically reliving it

To have appointments for the group-based Trauma-Sensitive Yoga and Yoga for Anxiety and Depression Programs a referral from a GP or psychiatrist is required. A letter of referral and standard MHCP will suffice, as long as the recommended treatment includes 'group psychological therapy'. Please note the MHCP can include individual and group psychological therapy on the one plan if your patient is going to access both.

You can assist access to the relaxation and stress management sessions by completing a Mental Health Care plan and referral to Kirstin Bouse, Clinical and Forensic Psychologist and Yoga Teacher for 10 Body Orientated Mindfulness group therapy sessions to assist in the mental health care of your patient. This referral will be required by the patient at their first appointment. A letter will be sent back to you once appointments have begun and at the 6th appointment.

Perth Psychology Collective and The Little Yoga Collective (both owned by Kirstin Bouse) has a collaborative relationship with its next-door neighbour, Yoga Harmony. They have been very gracious in allowing us to use their yoga studio until we find our own. Their address is 2/1070 Beaufort Street Bedford (and the address for Perth Psychology Collective is 1072A Beaufort Street Bedford 6052). The MBS Item numbers for the services I provide are; individual therapy is 80010 and for group sessions is 80020.

Regards,  
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