

PSYCHOLOGY WELLNESS CENTRE

Helping people deal with life's problems

*The CQUniversity
Psychology Wellness
Centre is a teaching,
research and
treatment centre
offering professional
and confidential
psychological
services to the
Central Queensland
community.*

Centre Director

Dr Will Reimer

Enquiries and more information

For further information or to make an appointment:

Phone: 07 4923 2233

Fax: 07 4930 6999

Email: wellnesscentre@cqu.edu.au

Website: www.cqu.edu.au/wellnesscentre

Our location

Ground Level, Building 32 at CQUniversity Rockhampton.



BE WHAT YOU WANT TO BE

Our Approach

At the CQUniversity Psychology Wellness Centre, interns and experienced psychologists provide a range of psychology services to the children, adolescents and adults in the Central Queensland community.

At CQUniversity's Psychology Wellness Centre we can help you, or someone you care about, deal with life's problems. We will assist you to develop the skills that you need to manage your life more effectively, assist you to understand why you feel the way you feel, and discover a new approach to understanding yourself and others. More importantly, we will help you get more out of life.

At all stages, the services are provided in a professional, confidential and competent manner. We will ensure that you feel comfortable, safe, respected and listened to.

We will help you to be what you want to be.

Sessions

Typically, clients are seen once a week for an hour long consultation with the psychologist. The number of sessions you attend will depend on your situation and your commitment to attending sessions.

Intern Training

The CQUniversity Psychology Wellness Centre is a fully operational psychology clinic and training centre.

Our Services

Staff and our intern psychologists provide high quality assessment and treatment services to those experiencing a range of psychological issues, including:

- Depression
- Stress, fear/anxiety or anger
- Relationship difficulties
- Family and parenting issues
- Adjustment to a new life stage
- Loss, grief and bereavement
- Workplace stress
- Self-worth and motivation
- Sense of purpose/life direction

We will help you assess current difficulties and challenges. This includes assessment of a range of problems, including:

- Adjustment issues including learning difficulties, ADHD, aspergers
- Head injuries
- Aging related disorders

We will help you through this process by using methods that are based on sound scientific evidence and a deep understanding of human psychological functioning.

Our Centre Hours

The CQUniversity Psychology Wellness Centre operates from:

**9 am to 5 pm
Monday to Friday**

There is some flexibility in arranging appointments outside these times.

Client Referrals

Clients can be referred by their doctors, other mental health agencies and schools, or may refer themselves to the service.

Referral Process

Referrals can be made via the following options:

Phone: 07 4923 2233

Fax: 07 4930 6999

Email: wellnesscentre@cqu.edu.au

Wellness Centre Referral forms are available online at www.cqu.edu.au/wellnesscentre.

Our Fees

The CQUniversity Psychology Wellness Centre operates as a low cost service to clients.

Cost details will be made available on contact.