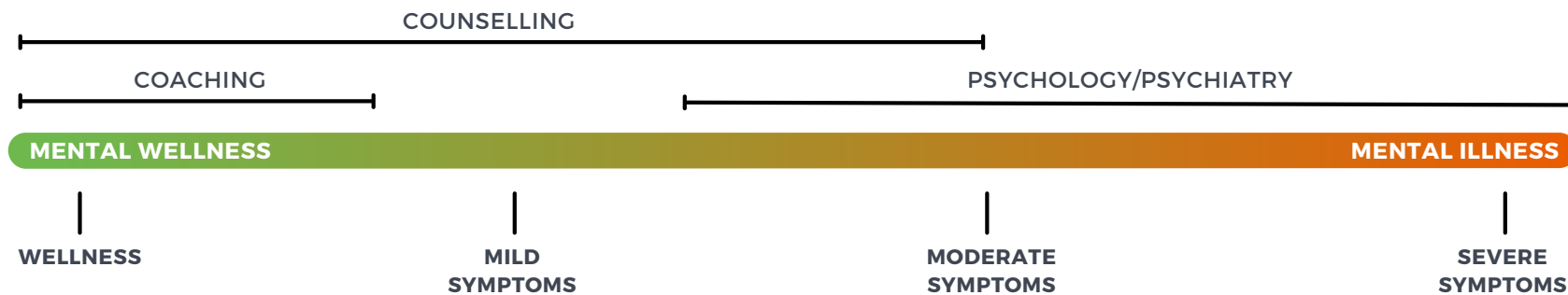


Understanding Service Provider Differences

The Wellness - Illness Service Focus

One way of understanding the differences between service providers is to think of mental health as a continuum from wellness to mental illness. Each service sits on the continuum based on the severity of the symptoms, overlapping at times. Coaches & Counsellors focus on wellbeing. Psychology & Psychiatry focus on illness.



If you are well, coaching can improve your wellbeing and help you reach your potential. If you are mildly or moderately unwell, counselling can move you back into wellbeing, preventing illness or serving as an early intervention to identify illness before it gets worse.

As the symptoms intensify illness becomes the focus. Psychologists and Psychiatrists diagnose and treat illness to manage and reduce severe symptoms. Once your symptoms have reduced in severity counsellors can move you further towards wellbeing, preventing relapses.

Just as the GP in the medical model, the counsellor is qualified to treat and support clients into wellness as well as to identify when to refer for specialist treatment with a Psychologist or Psychiatrist.

In Australia, always look for counsellors registered with ACA or PACFA.

Provider Service & Support Areas

COACHING is focused on self-improvement to achieve wellbeing and self actualisation.

- Goal-based skills training that is person-centered and solution focused.
- Unless the coach is trained in Counselling they are not qualified to manage mild or moderate mental health issues.

COUNSELLING is focused on wellbeing maintenance, mental illness prevention, early intervention & wellbeing recovery.

- Everyday life management and problem solving that is person-centered and solution focused.
- Trained to identify, provide treatment and support before symptoms worsen and require specialist treatment by Psychologist or Psychiatrist.
- Trained to identify when you need referral to Psychologist or Psychiatrist.
- Look for counsellors with ACA or PACFA memberships who are bound by a code of ethics and annual supervision and CPD training hours requirements to maintain professional membership.
- Training ranges Diploma to Masters level. Even at Diploma level, many have years of uniquely specialised training and 'hands on' client experience in the health system, non-profit or private practice that is not to be underestimated.
- Not covered by Medicare rebates, the cost is often less than the gap you pay when using a Mental Health Plan with a Psychologist or Psychiatrist.
- You do not need a Mental Health Care Plan (MHCP) to see a counsellor - No limit on number of sessions

PSYCHOLOGY follows a medical model with a focus on assessment, diagnosis and mental illness treatment protocols.

- Conduct psychological testing, mental health assessments and issue diagnosis.
- Apply specialised treatment for Mental Health Illnesses (May work as coaches or counsellors).
- Work with your GP or Psychiatrist to organise medication.
- With Mental Health Care Plan (MHCP) session number and cost covered is limited.

PSYCHIATRY trained as medical doctors specialising in the treatment of mental illness

- Look at the chemical and biological function of the brain and the effects on mental health.
- Prescribe Medication and use Psychotherapy and other treatments in their area of expertise.
- With Mental Health Care Plan (MHCP) session number and cost covered is limited.

Fossickpoint[®] Coaching and Counselling Services

WELLNESS

MENTAL WELLNESS

MILD SYMPTOMS

MODERATE SYMPTOMS

SEVERE SYMPTOMS

MENTAL ILLNESS

Fossickpoint covers a range of services including:

- Mindsets, Clarify issues, explore options, develop strategies in personal and work life,
- Communication, assertiveness, boundaries, social skills, soft skills
- Strengths and values, purpose, meaning, life balance, existential clarity, motivation, practical life solutions
- Mindfulness, living in the present, self-awareness, other-awareness, self esteem,
- Procrastination, executive function, public speaking, academic pressure, difficulty focusing/concentrating,
- Work demands, workplace relationships, stress, burnout
- Behaviour change, habit breaking, reliance on social media,
- Life transitions, life crisis, adjusting to change, failed relationships
- Improving interpersonal relationships identifying and ending toxic relationships,
- Emotional outbursts, tolerating overwhelm & distress, vulnerability
- Low mood, lack of pleasure, sleeping difficulties,
- Low self-esteem, guilt, shame, impostor syndrome, people-pleasing,
- Anxiety, nervousness, sense of dread, avoiding others, catastrophic thinking,
- Perfectionism, all or nothing thinking, rigid rules,
- Grief, trauma, decline in self-care, depression, avoidance,
- Food and body image concerns, binge eating, restricting, compensating (exercise, purging or laxatives).

You will be referred to a psychologist or psychiatrist as required for the following conditions:

- Conditions requiring to diagnose and treatment with or without medication such as:
- Severe depression, chronic anxiety, alcohol dependence, drug dependence,
- Increased risk of harm to self or others, repeated suicide attempts or plans
- Recurrent outbursts, violence, anger towards authority,
- Repetitive behaviours, hair pulling, amnesia,
- hallucinations, delusions, hearing voices, intrusive thoughts, Schizophrenia,
- Bipolar Disorder, Personality disorders, OCD, PTSD, Dissociation, etc.
- Neuro-developmental & Neuro-cognitive disorders
- Mental Health conditions requiring hospitalisation.