



ELPE Health

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ELPE Health Pty, Ltd was established in Ulverstone on the Central Coast of the North West region of Tasmania in 2016. It was established in direct correlation to the needs of the community and to provide a multidisciplinary model of services to people in regional Tasmania. One of the main focuses is to take the services to the people.

ELPE Health currently employs and subcontracts a variety of Allied Health professionals including: Psychologists, Accredited Mental Health Social Workers, Occupational Therapists, Dietician, Physiotherapist, Therapy Assistant, Exercise Physiologist and a Continence Nurse at this point in time.

MENTAL HEALTH SERVICE – Campbell Town

Dr Tracy Spencer-Lloyd, is a Registered Psychologist who has worked for over 30 years delivering therapeutic services in Victoria, NSW, South Australia, the NT and Tasmania.

Tracy has qualifications in CBT, Narrative Therapy, Mindfulness Based Cognitive Therapy techniques, Family Therapy and Play Therapy modalities including Sandplay and Theraplay. She works creatively to use these approaches to meet each person's particular needs and style.

Tracy has experience in therapy with children, adolescents and adults experiencing anxiety, depression, stress and other mental health issues, including the effects of trauma, sexual abuse, family violence, substance addictions, and grief.

Tracy also offers couple counselling based on Emotional Focussed Therapy approaches, and parenting programs based on attachment theory.

Referrals

A GP referral with a mental health treatment plan (MHTP) will allow clients to access a Medicare rebate, the initial referral will entitle them to, up to 6 sessions, the clinician will correspond with the referring GP and if the patient would benefit from further sessions, a review referral would allow patients to access additional sessions (a maximum of 20 sessions per calendar year are available through Medicare till 30 June 2022 [MBS online - Factsheet for Additional 10 MBS Mental Health Sessions](#)).

Tracy is a Private Psychologist and fees apply, standard \$140.00 and concessional \$110.00 a rebate of \$87.45 will apply if client has a current and valid MHTP. Bulk Billing options may be available for clients experiencing financial hardship this is to be discussed with Tracy at the time of your initial consultation.

Clients can self-refer and may be able to obtain a rebate from their private health fund.

Cancellation Policy (for all clients): Failure to attend or cancel an appointment without sufficient notice (**at least 2 hours**) will result in an out of pocket fee of up to **\$65.00**

Please send all referrals and mental health treatment plans to Ulverstone fax 6425 7667, ELPE Health will contact clients to arrange appointments once referral has arrived.

Mission Statement

ELPE Health is dedicated to providing services that make a difference in people's lives through enablement and empowerment.

Vision Statement

Our aim is to inspire, teach, lead and grow our clients and employees to reach their full potential and beyond.

ELPE Health encourages a wellness approach that focuses on and improves a person's capability, motivation and commitment to maintain independence and achieve their personal goals.