



Vineyard
MEDICAL CENTRE
Your health is in our hands

Patient Newsletter

www.vineyardmedicalcentre.com.au

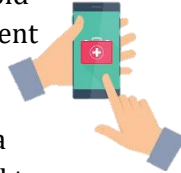
2-6 Sussex Court,
Sunbury, 3429.
Ph: 9216 5600

Fax: 9216 5699



Telehealth appointments

We would like to inform you of an important update regarding our telehealth consultations. Due to a recent increase in unpaid accounts for phone consultations & to reduce patient hold times we are implementing a new prepayment policy.



Commencing 1st October, when booking a telehealth consultation, you will be required to provide payment details within 90 minutes of securing your appointment. A secure link will be sent to the mobile phone number on file from HotDoc, after you have booked appointment. If your payment details are not added, your appointment will be automatically cancelled. Your payment information will be held securely and will only be processed once the consultation is finalised.

If you prefer not to enter your payment details, a face-to-face appointment will be required with payment payable on the date of service in clinic.

This measure ensures that we can continue to provide high-quality care and maintain the smooth operation of our services.

We appreciate your understanding and cooperation.

Public Holiday

The clinic will be closed on the 5th of November due to the Melbourne Cup Public Holiday.

Welcome

A big warm welcome to our newest receptionist Courtney. Courtney has a history in medical experience and will be an amazing new addition to our team.

Farewell

It comes with a heavy heart to announce that after 15 years of her service, our receptionist Sandra has decided to part ways.

Sandra has been an extraordinary worker, who has always put her team first, is driven, kind, caring, supportive, someone the team could always confide in and someone who we all looked up to.

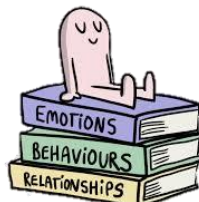
A huge congratulations to Sandra in taking this big step forward! We're so excited for you and know that wherever you go, you'll be amazing and shine!

Katie – Psychologist

Katie is a registered Psychologist, Board Approved Supervisor and member of the Australian Psychology Society. She is warm, empathic and approachable. Katie has delivered counselling and psychology services for a range of mental health concerns across the lifespan. Katie has experience in forensic settings, schools and in private practice.

Since becoming a mother to two young children, Katie developed a passion for all perinatal aspects including: contemplating parenthood, fertility issues miscarriage and pregnancy loss, pregnancy, labour and birth, antenatal and postnatal psychology including family adjustment and infant medical health.

Katie also has experience working with a range of mental health concerns, including:



- Complex trauma and PTSD
- Anxiety and phobias
- Depression
- Personality Disorders

Katie's treatment approaches include:

- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Chairwork Psychotherapy
- Schema Therapy

To book an appointment call the clinic today!



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The Kids Cancer Project

On the 26th of September VMC participated in celebrating and raising awareness for The Kids Cancer Project. This cause is very near and dear to the VMC's hearts and is something the clinic has been doing for many years now.

All the staff dress up and show their support and love to the cause and help raise some money for kids' cancer research.

We want to thank everyone who supported us and the cause, every little donation can help support and fight childhood cancer.

This year we raised an amazing \$ 2,600





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STAFF PROFILE *Elise Heerde*

Elise is a trauma-informed counsellor and coach dedicated to supporting individuals to thrive in their mental and emotional well-being. Her passion for this work is deeply rooted in her own 20-year journey of navigating the challenging terrain of trauma, abuse, depression, anxiety and PTSD, Elise brings a unique and empathetic perspective to her practice. She understands firsthand the struggles of finding a way out but has also experienced the transformative power of having a professional, safe space to process trauma or the everyday stressors life can throw at us.

Elise creates a safe, non-judgemental environment where people can explore their life experiences and emotions, helping them cultivate the inner resources needed to move forward with confidence and resilience.

Elise supports people who may be facing:

Mental Health & Trauma Recovery:

- Anxiety
- Depression
- Religious/Spiritual Trauma
- Recovering from high-control systems/families/relationships
 - Abuse Recovery



Life Transitions:

- Career Changes
- Changes in your health
- Changes in relationships



Emotional Well-Being:

- Emotional Regulation
- Stress Management
- Self-esteem and self-worth

Setting and Maintaining Healthy Boundaries

Grief, Loss and Suffering:

Through a blend of the following therapies, I empower you with a well-rounded and tailored approach that fosters emotional resilience, self-acceptance, and a deeper understanding of your unique path to well-being.

Cognitive-Behavioural Therapy – To address thought patterns and behaviours

Somatic Processing – To work through physical manifestations of stress and trauma

Mindfulness-based Therapy – To enhance present-moment awareness and emotional regulation.

Narrative Therapy – To support you, to reshape your life story

Elise works with adults and has a particular interest in supporting women.

FEES:

\$110 for private patients and \$70 for valid PCC/HCC holders.

Elise does not see Workcover or TAC patients.



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Sarah's Kitchen

Halloween Marshmallow Pops!

Ingredients:

- Packet of marshmallows
- 1 packet of chocolate melts
- Assorted sprinkles
- Icy pole stick



Method

1. Line the baking sheet with baking paper.
2. Insert a lollipop stick into each marshmallow
3. Melt candy melts in a microwave safe bowl for 30 seconds at a time, until melted.
4. Working with one marshmallow at a time. Dip marshmallow into the bowl of chocolate, coating all sides, letting it drip down. Immediately coat with festive sprinkles. Place marshmallow on baking paper until chocolate has set.
5. Repeat on all marshmallows.
6. Enjoy!

Happy
Halloween!