

Psychological Assessment and Support

Pre Operative Assessment: \$220

(90 minute appointment plus a comprehensive report to your medical providers, rebates are available up to \$124.50 where eligible).

PASS Package: \$580

Pre Operative Assessment + 2 follow-up support sessions

(rebates are available up to \$373.5 where eligible).

Additional sessions can be added to this package through Myrtle Oak Clinic, please ask at reception.

If you would like more information on how we can support you please contact Myrtle Oak Clinic on 02 43 623 443.

Contact Details

Address:

**Suite 4/53 Pacific Highway
OURIMBAH, NSW 2258**

Website:

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Phone:

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Psychological Assessment and Support for Surgery

Our PASS Program is specifically designed for better bariatric care.



MYRTLE OAK CLINIC

www.myrtleoakclinic.com.au

As bariatric surgery is a highly effective procedure anyone undertaking the procedure should expect and prepare for significant changes to life. Changes may include pre and post surgery dietary modifications, permanent changes in eating and dietary habits, altered body sensations, changes in body image and how they see themselves, changes in self care, and an emerging and different lifestyle. Furthermore it is recognised that for many undergoing bariatric surgery there may be underlying psychological reasons for their weight. As such many surgeons require their clients to seek support from a psychologist both before and after surgery.

Myrtle Oak Clinic specialises in eating concerns including eating disorders, weight concerns, body image, self esteem, anxiety and depression. The team at Myrtle Oak Clinic are therefore in a unique position to support you on your weight loss journey. Myrtle Oak Clinic's Psychologists and Psychosocial staff work closely with your surgical team to provide support and education both before and after weight loss surgery.

Pre-operative assessments:

Obesity is a complex condition which may result from a combination of psychological, biological and social factors. These factors are unique to each person. During the pre-operative assessment the psychologist will work with you to explore these factors and identify any that may prevent you from achieving the optimal treatment outcome.

Pre-operative support:

At Myrtle Oak Clinic you have the option of continuing to work with the psychologist beyond the assessment and in the lead up to the procedure. These sessions can help you begin to work on the factors identified in the pre-operative assessment that may act as a barrier to sustained weight loss, help you to develop coping strategies and provide you with support for the weeks leading up to the surgery. If you would like more information on how we can support you please contact Myrtle Oak Clinic on 02 43 623 443.

Post-operative support:

Evidence suggests that bariatric clients who regularly attend post-operative psychological and dietetic support sessions are more successful in their weight loss and weight maintenance. Myrtle Oak Clinic offers individual support which allows the opportunity for you to address any issues, should they arise following your surgery. Post-operative care with a psychologist may involve:

- skill building,
- stress management,
- assistance with regulating emotions,
- relapse prevention and
- support when changes in body image, self-concept, relationships, sense of attractiveness and assertiveness are experienced.

Our psychologists can also provide treatment for a broad range of psychological issues such as anxiety, depression, stress and mood issues etc.

