

FOR GPs + HEALTH PROFESSIONALS

Targeted referral pathways for anxiety, trauma & emotional wellbeing

Depth-oriented, trauma-informed psychotherapy for adults and young people experiencing anxiety, trauma, emotional distress, ADHD-related emotional challenges, relationship patterns, low self-worth and coping that has become difficult to shift.

CURRENTLY ACCEPTING REFERRALS | 1-2 WEEK WAIT

Torquay + Telehealth

When to refer

1. Anxiety & emotional overwhelm

When distress is persistent or beginning to narrow daily life

Refer when: Persistent worry, panic, rumination or chronic overwhelm, Avoidance, shutdown, perfectionism or reduced functioning, anxiety, hyperarousal or feeling chronically "on edge".

Treatment Focus: understanding what sits beneath anxiety, including the protective patterns, embodied threat responses and relational experiences that keep distress active, while building greater capacity, regulation and choice.

2. Trauma, childhood experiences & relational patterns

When earlier experiences continue to shape present reactions or relationships

Refer when:

- Childhood adversity, relational trauma or emotional unsafety
- PTSD, Hypervigilance, shutdown, dissociation, shame or self-blame
- Strong triggers, repeating relationship patterns or difficulty trusting oneself

Treatment focus: establishing safety and working at a pace the nervous system can tolerate, allowing traumatic stress responses and layers of shame, guilt and self-blame to unfold gradually, while supporting reconnection with a sense of self, agency and boundaries.

3. ADHD & emotional wellbeing

When the emotional impact of neurodivergence remains significant

Refer When:

- Emotional dysregulation, overwhelm or difficulty recovering after stress
- Rejection sensitivity, masking, burnout or intense interpersonal responses
- Shame, low self-worth or coping patterns that have become difficult or harmful

Treatment Focus: understanding overwhelm, masking, shame and coping strategies that no longer serve, emotional regulation, while building self-understanding, self-trust and more sustainable ways of coping.

Advantage for your Practice

Rapid access: appointments typically available within 1–2 weeks

Accessible private care: fees remain competitive even without Medicare rebates

Local support: in-person care in Torquay, with telehealth also available

Reduced repeat presentations: supporting meaningful improvement which may reduce repeated GP visits for the same concerns

Responsive communication — timely liaison and relevant clinical updates

How to refer

1. Email a referral letter to
Nicole@NicoleDickmann.com.au.
2. Include the presenting concern, relevant history or medications, risk/safeguarding information, and patient contact details.
3. Nicole will contact the patient directly regarding suitability and an appointment with 2 days.

Patients may also self-refer via the website.

Communication

With client consent, referrers can expect:

- Acknowledgement of referral and liaison where helpful
- Updates when clinically useful and agreed with the client
- Prompt contact regarding significant risk or safeguarding concerns

Transition or discharge summaries can be provided where appropriate.

Service details

Suitable for

Adults and young people seeking support for anxiety, trauma, emotional distress, ADHD-related emotional wellbeing, relationship patterns, low self-worth and coping that has become difficult to shift.

Not suitable for

- Acute crisis, psychosis or mania requiring urgent/ specialist care
- Primary ADHD or autism diagnostic assessment
- Couples therapy or medico-legal / court-report work

Therapeutic approaches

Process-Oriented Psychology • relational psychotherapy • trauma-informed and somatic approaches • parts-based work • mindfulness and experiential approaches

Fees

Initial \$190 (90 mins)

Subsequent \$145 (60 mins)

Medicare rebates available in 2027. Fees are kept comparable with many psychology out-of-pocket costs.

In-person: Torquay, VIC Telehealth: Australia-wide

Practitioner bio

Nicole Dickmann, Psychotherapist & Counsellor

Nicole is a Master's-trained, PACFA-registered psychotherapist and counsellor with a warm, curious and depth-oriented approach. Her work integrates Process-Oriented Psychology with relational, trauma-informed, somatic and parts-based approaches.

Alongside private practice, Nicole works in school wellbeing, supporting young people and families with emotional, behavioural and relational challenges.

Contact

Nicole Dickmann Psychotherapy

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