

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, self-harm, substance use, emotional dysregulation, ADHD-related distress, low self-worth and difficult or repeating relationship patterns.

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 within 2 days.
- Patients may also self-refer via the website.*

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 legal / court-report work

Therapeutic approaches

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

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.

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 or IFS approaches.

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

Contact

Nicole Dickmann Psychotherapy

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Email Nicole@NicoleDickmann.com.au

Web: nicoledickmann.com.au

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