

Flourish
Psychology
**Performance
Review.**



We are dedicated to building strong, supportive relationships with our clients and providing evidence-based treatments to enhance well-being.

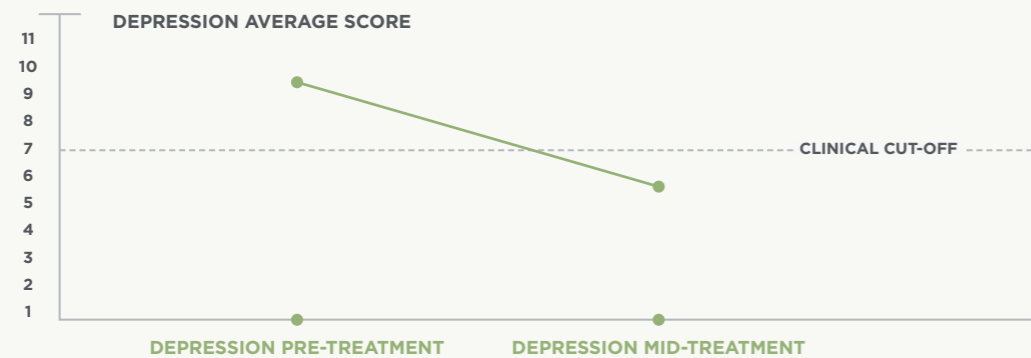
Flourish Psychology was founded in 2012 by husband and wife team, Dr Gabriel and Dr Gemma Roux. Over the last 5 years Flourish has grown to a team of nine highly-skilled and experienced psychologists, with a broad range of expertise. Flourish has built a strong culture of excellence in care; delivering a high-quality service in a warm and positive environment.

Our psychologists have the highest qualification in their field, having completed postgraduate degrees in clinical psychology. They are trained in psychological assessment and diagnosis, research and evaluation, along with the delivery of evidence-based therapies, treating all psychological and behavioural difficulties across the lifespan. Clients with a GP referral who are seen by our clinical psychologists receive the highest level of care and the most generous Medicare rebate available.

We believe that building trust in a service comes from seeing real results.

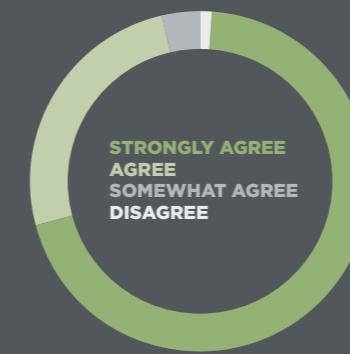
We recently reviewed our performance as a team, by analysing a random sample of over 100 of our clients' pre- and mid- treatment outcomes. We also gathered specific feedback about the standard of care received at Flourish, via an online survey. We were encouraged by both our clients' improvements in psychological functioning and their personal feedback which are illustrated below.

Across the sample of clients assessed, on average, there was a clinically significant reduction in their ratings of depression, anxiety and stress after only six sessions, as indicated by scores on the DASS-21 (Lovibond and Lovibond, 1995) at pre-treatment, and at the point of mid-treatment review.



Clients' survey feedback reflected high levels of client care and largely positive personal experiences at Flourish Psychology.

1. At Flourish Psychology we strive to provide a warm, professional and supportive environment. How strongly do you agree that we have achieved this goal?



ANSWER CHOICES	RESPONSES	
Strongly agree	70.7%	75
Agree	26.4%	28
Somewhat agree	1.8%	2
Disagree	0.9%	1
Strongly disagree	0.0%	0
TOTAL		106

2. How satisfied are you with the care that you received from your treating psychologist?



ANSWER CHOICES	RESPONSES	
Very satisfied	77.1%	81
Satisfied	18.1%	19
Somewhat satisfied	2.8%	3
Dissatisfied	1.9%	2
Very dissatisfied	0.0%	0
TOTAL		105

3. How strongly do you agree that we deliver professional and effective psychological services?



ANSWER CHOICES	RESPONSES	
Strongly agree	73.3%	77
Agree	22.8%	24
Somewhat agree	2.8%	3
Disagree	0.9%	1
Strongly disagree	0.0%	0
TOTAL		105

Quick facts

96%

of clients, when asked, believed they were able to **build a strong and supportive relationship** with their treating psychologist.

96%

of clients believed that Flourish Psychology was a **valuable service for the Sunshine Coast community**.

83%

of clients reported that they would be **highly likely to refer a friend or family member to Flourish Psychology**.

9.25

On a scale of 1-10 (where 1 represented 'poor' and 10 'excellent') on average **clients rated their overall experience at Flourish Psychology at 9.25**.

Our Commitment

We believe these results reflect the commitment of the team at Flourish Psychology to building a strong rapport with our clients and to providing a gold-standard psychological service in a warm, professional and authentic environment. We are committed to developing good working relationships with our referrers and to encouraging a collaborative and transparent approach to treatment, in order to bring about lasting positive change in the lives of individuals on the Sunshine Coast. We hope that these results will give you confidence when referring to Flourish, or when visiting our practice.

Meet the Flourish team.



Dr Gabriel Roux

Gabriel is an experienced practitioner who enjoys working with teenagers and adults facing difficulties such as anxiety, depression and addictions and has a special interest in treating work and health-related stress. Gabriel builds a strong rapport with his clients and is dedicated to helping them make lasting improvements in their emotional wellbeing and relationships.



Dr Renée Bazley

Renée is passionate about treating teenagers and adults with a broad range of psychological disorders, and assisting them to independently manage their emotional health. She is experienced in promoting mental health via education and training and her approach to treatment is genuine, relatable, and solution-focused.



Dr Gemma Roux

Gemma has a special interest in postnatal adjustment, identity and anxiety, and is dedicated to using her skills and clinical experience to strengthen relationships and enhance health and wellbeing. Gemma is passionate about empowering individuals through psychological education and training and is a writer and dynamic key-note speaker.



Kathie McDonald

Kathie works with teenagers and adults, and is skilled in supporting women experiencing difficulties with intimacy. She enjoys helping people adjust to various life transitions and treating health-related challenges, such as cancer, along with grief and loss. Kathie helps people overcome their challenges in a judgement-free and supportive space.



Jennifer Ryan

Jennifer has a particular interest in treating anxiety disorders, depression, low self-esteem and trauma. She is highly experienced and has a warm and positive interaction style. Jennifer is passionate about her job and has enormous respect for people who seek support when they need it.



Melanie Webley

Melanie has a passion for strengthening families and works collaboratively with parents and children to improve behaviour and routines, confidence, self-regulation, and social skills. Melanie is also interested in helping individuals facing challenges such as fertility treatment, acute illness, chronic disease, and grief and loss.



Peter Ryan

Peter has extensive experience working with males of all ages who are experiencing behavioural, psychological and relationship difficulties. He is patient and understanding and is committed to empowering individuals to better manage their emotional health.



Dr Jackie Stewart

Jackie enjoys working with adults experiencing persistent pain, chronic illnesses, anxiety and mood disorders. She has experience treating members of law enforcement and current serving and veteran Defence Force personnel. She has a keen interest in the mind-body connection and is committed to providing a high quality service in a safe and caring environment for her clients.



Dr Kirsty Olds

Kirsty has experience as a psychologist in remote and rural settings and a special interest in the treatment of anxiety disorders, and in supporting parents to achieve work life balance. She is warm and engaging and takes a strengths-based and person-centred approach with her clients.



Nicole Ehrlich (Practice Manager)

Nicole is highly experienced in office management and business administration, and is warm, professional and approachable. She believes strongly in the importance of seeking psychological support to overcome challenges and enhance wellbeing, and has been in charge of administration at Flourish Psychology since it was founded.

Conveniently
located in the heart
of Maroochydore.



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