



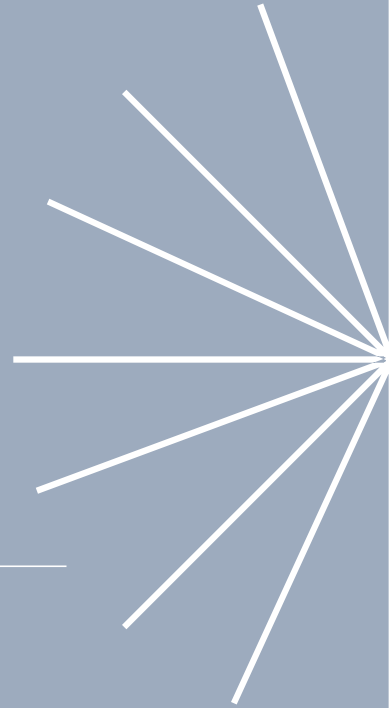
talking sleep

A kind, thoughtful, and therapeutic space where your concerns will be heard, acknowledged, and supported with gold standard, evidence-based psychological treatments

TALKING SLEEP

Information Booklet

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Compassion

Respect

Empathy

Best Practice

OUR MISSION & VALUES

Our team includes Clinical and Provisional Psychologists who are committed to providing a kind and thoughtful therapeutic space, where client concerns will be heard and acknowledged. We recognise that a strong therapeutic relationship combined with client-centred evidence-based treatments can ameliorate distress, help develop effective coping mechanisms, and promote resilient. Our team can assist with a wide range of challenging issues, from anxiety and depression through to those struggling with trauma.

We also recognise the tremendous toll that lack of sleep takes on our capacity to cope. Our mission is to support poor sleepers through all stages of treatment with warmth and kindness. We encourage our clients and assist them to gain confidence in their ability to manage their sleep habits, even beyond therapy.

Talking Sleep services are open to people of all ages, backgrounds, and cultures, including members of the LGBTQIA+ community.





HOW WE CAN HELP

SLEEP SOLUTIONS



Talking Sleep is passionate about helping children, teens, families, and adults to achieve healthy sleep. We deliver gold standard treatments and provide strategies, support, encouragement, and compassion to guide clients struggling with sleep to develop new, consistent, and positive sleep habits.

PSYCHOLOGICAL SUPPORT



Talking Sleep's Psychologists offer face-to-face and Telehealth appointments. We are committed to helping our clients discover better ways to live their lives and developing effective coping mechanisms through a client-centred, collaborative, and evidence-based modality. We address issues such as depression, anxiety, stress, trauma, and relationship difficulties.

ART THERAPY



Our Art Therapy sessions take the sensory process of art-making and combine it with the relational skills of counselling. Through this integrative process, art therapy engages the mind, body, and soul in ways that give visual and symbolic voice to personal experience. Sessions can be conducted one-to-one, with families, and with groups.



HOW WE CAN HELP

GROUP PROGRAMS

Talking Sleep currently offers several Group Programs that address a range of issues, including sleep, parenting skills, and communication skills.

Our evidence-based Group Programs provide clients with an opportunity to target desired issues, work in a structured manner, to be supported by other people who understand their experiences, and to be expertly guided by our staff with warmth and compassion to achieve their sleep, mental health, and/or parenting goals. Talking Sleep's upcoming programs are:

- **Tackling Insomnia**
- **Tackling Teen Sleep**
- **Talking Parenting**
- **Tuning in to Teens**

Attached below are flyers with more information about each program. You can also contact us directly or visit talking-sleep.mykajabi.com to sign up.



FIRST STEPS CLIENTS



We are here to help. No matter what difficulty you have and how small or large you think it is, speaking with a psychologist can help. Often the hardest part can be taking the first step.

Appointments can be undertaken via Telehealth or In-person. You can make an appointment with us at any time without a referral.

01

GIVE US A CALL

Contact our friendly administrative staff via phone or email to express your interest in seeing one of our psychologists. After making first contact, admin will organise for you to receive a call back from one of our clinicians.

02

PHONE CALL WITH A CLINICIAN

This 15-minute free phone call is to ensure our services are a good fit for you. We will also match you with the Psychologist best suited to address your needs. If Talking Sleep is a good fit for you, we will book in your first appointment.

03

INTAKE FORMS

After confirming your first session, you will be sent some intake forms to be completed and returned prior to your appointment.

04

FIRST SESSION

Your first appointment is a time to get to know your therapist, share what has been taking place for you, and ask questions. From here we can develop a plan together.

GET IN TOUCH REFERRERS



Talking Sleep currently accepts referrals from service or health professionals wanting to support their client(s) with their sleep or wellbeing concerns.

You can contact us via phone, email, or send us through a copy of our referral form. We are happy to arrange a time to further discuss your clients needs and set up an appointment.

01

DOWNLOAD REFERRAL FORM

You can download our referral form from our website. See Resources - Forms.

02

COMPLETE + RETURN REFFERAL

Complete our form by providing the details of your service, your client, and your client's presenting concerns. Once filled out, please forward a copy to our administration team via email.

03

REFERRAL CONFIRMATION

After receiving a referral from your service, you will receive an automatic email confirming it has been received, as well as our current availability and waitlist times.

04

REFERRAL'S FIRST SESSION

Your referral client's first appointment will be booked after we receive a copy of the referral form and the client has made contact with us directly (see First Steps: Clients above for details).



MEET OUR TEAM



TONIA MARTIN

Clinical and Counselling Psychologist & Talking Sleep Founder

Tonia is a Clinical Psychologist who is passionate about improving sleep for both adults and children. She approaches this task with a warm and friendly style, a deep understanding of sleep difficulties, and the expertise to provide effective strategies for treating insomnia and the anxiety associated with not sleeping. Tonia specialises in working with adults, children, and families who struggle with sleep.



TIALARA HARRIS

Provisional Psychologist

Tialara (she/her) is an open minded and warm Provisional Psychologist. She is passionate about working in collaboration with her clients' to achieve their wellbeing and therapy goals. She recognises that a strong therapeutic relationship is essential to the success of therapy. Tialara provides a safe and thoughtful space for her clients to explore their current difficulties.



TORI HEYWOOD-SMITH

Provisional Psychologist and Art Therapist

Victoria (Tori) Heywood-Smith is a Provisional Psychologist and Art Therapist, who undertakes her work with empathy and diligence. She has worked with a diverse range of client groups, including young people and older adults, and has specialised training and experience in working with children. Tori is passionate about addressing specific client goals by providing a warm and safe space that nurtures self-expression and builds clients' inner resources.

ANNA

Administration and Reception

Anna provides exceptional administration support and customer service to all our clients. She is available Monday to Thursday, 9am to 3pm and handles appointments, inquiries, invoicing, and rebates.

TALKING
SLEEP



GET IN TOUCH

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