

## About Us

The Bouverie Centre, Victoria's Family Institute is a State Government funded, specialist statewide organization that provides family therapy and a range of educational and consultative services.

The Bouverie Centre provides family therapy where there is a significant behavioural, emotional or psychiatric difficulty which is not improving and is of a serious nature.

Other services provided include;

- Academic courses and training
- Support in working with families to other helping professionals and agencies throughout Victoria

The Bouverie Centre is a part of La Trobe

University, within the faculty of Health Sciences.

Funding for clinical services is largely by the Victorian Department of Health, Mental Health Branch and Drugs Division.

## Making a Referral/Appointment:

A referral can be made by family members or by a professional involved in supporting the family. Please contact The Bouverie Centre and ask to make a telephone appointment with the Intake Worker. You will be asked to choose a time when it is possible for the Intake Worker to call you back.

When you speak with the Intake Worker they will need some information about you/the family's situation to establish if The Bouverie Centre is the best service to help. If a professional or other person calls on behalf of the family, we will also need to speak to the family member to complete the intake process. Interpreting, translation, hearing assistance and cultural advocates can be accessed upon request.

If we are not the right agency for the needs of the family you will be given names of other services which may be able to help.

## What The Bouverie Centre can help with:

Families where a family member has

- a serious mental illness, including working with families where a parent has a mental illness
- experienced abuse or trauma including sexual and /or physical abuse
- an acquired brain injury
- conflict or other issues which have not improved with initial help

## What The Bouverie Centre cannot help with:

- Individual counselling
- Court reports and current post separation matters
- Current domestic/family violence
- Educational or psychological assessments
- Acute crisis counseling
- Individual case management

## What happens in a family appointment?

- Family members will usually be sent a questionnaire to help begin the process
- Sessions usually go for one and a half hours
- All relevant family members will be encouraged to attend

- Families are seen by one or two therapists who will discuss your concerns/issues
- Some thoughts and ideas about what might help will be provided

## How long do families attend for?

- Families usually attend for between 1 - 6 sessions, and sometimes more over a period of a few months.
- Families and their therapist together decide how many appointments are needed.

## Our Approach

- Therapists will try to make the most of every session.
- The therapist will usually phone family members following the first session to enquire about progress and to make a decision together about the next step.
- If the family wants ongoing sessions, this is available.

## Confidentiality

A family's situation will not be talked about or discussed outside The Bouverie Centre without their written consent except when:

- someone is at risk of harm
- records are subpoenaed by court - fortunately, this happens very rarely.

## Families may be offered a training program appointment

These are appointments with professionals who are doing post graduate training in family therapy and are usually available during school terms.

Sessions are conducted by a trainee family therapist and respectful feedback is given to the family by a small trainee team together with an experienced supervisor from our Bouverie staff.

<http://www.bouverie.org.au/help-for-families/who-we-see/masters-family-therapy-course-clinic/film-of-appointment>

**Family appointments are generally available Monday to Friday, 9am - 5pm. There is no fee charged for appointments.**