



Deb Mole Clinical Nurse Specialist

Therapy Menu and Clinical Indications

My therapies and services are divided into different areas., Top-Down Approaches and Bottom-Up Approaches

The terms top-down and bottom-up refer to the general areas of the brain and where you start in therapy, from the top or the bottom. Different parts of the brain work together to help us use information to survive and thrive in the world

Top-down approach, focuses on starting therapy with the parts of the brain we associate with thinking, speaking, and current emotional awareness. These are the topmost areas of the brain, and include the neocortex, frontal lobes and prefrontal lobes. These therapies are great for clients who can talk, process and problem solve.

Bottom-up approach, focuses on starting therapy with the parts of the brain located toward the base. These are the brain stem areas responsible for reflexes, memories, and automatic survival responses. This area also has a role in learning. These therapies are great for clients who will struggle to talk and may need a gentler approach to therapy.

Therapy/Supports	Overview	Clinical Indication
<u>Top-Down Approaches</u> Psychotherapy (Transactional Analysis)	It looks at how we speak and respond to others, and at the roles we play. Its goal is to improve these interactions, so they become healthy and balanced. There are three ego states, or roles, that everyone has: the Child, the Parent, and the Adult.	Longer standing therapy needs for people who need analysis around how they think, feel and behave during interactions. Useful for clients with relationship issues, communication issue, decision making, problem solving and conflict issues.

		Plus, long standing childhood trauma.
Cognitive Behaviour Therapy (CBT)	Is a psychotherapy that helps people identify and change thoughts patterns. It helps people recognise thoughts, feelings and actions and the relationship with them all. It can help change unhelpful thinking.	Useful for Depression, Anxiety, PTSD, Eating Disorders, Substance Abuse and Personality issues. It can help with some physical health issues too, psychosomatic, chronic fatigue and IBS.
Acceptance and Commitment Therapy (ACT)	Value based therapy that helps people accept their thoughts, feelings and helps alter or align their values. This has a mindfulness component and needs people to commit to action.	Develops psychological flexibility. Useful for anxiety and depression. This can also be used for Trauma due to it education around coping with unpleasant feelings.
Dialectical Behaviour Therapy (DBT)	Psychotherapy that helps people manage intense emotions. It is based on the principles of CBT.	Top line therapy for borderline personality disorder. Self-Harm, Suicidal behaviour, PTSD, Eating Disorders, Anxiety and Depression, Addictions. Needs insight and commitment, can be lengthy and costly.
Internal Family Systems (IFS)	Psychotherapy model that views the mind as being made up of multiple sub-personalities. IFS helps the person talk and listen to the parts to help develop understanding and compassion towards these parts to achieve a greater well-being.	Trauma. Borderline Personality. Dissociative Identity Disorder. Anger and Fear issues.
Trauma informed Sex Education	Comprehensive package from Victoria Sexual Health that educates and address all aspects of relationships, sexuality and consent.	Ideal for clients with a an intellectual/developmental disability.
End of life Counselling	End of life Counselling helps people, and their families	For terminal clients and their families.

	deal with the emotional, spiritual and practical aspects of dying. It supports the person and the family to put plans in place, prepare, say goodbye and have the death and funeral they want.	
<u>Bottom-Up Approaches</u>		
Integrative Somatic Trauma Therapy	Holistic approach to healing trauma, it focuses on working directly with the body's sensations, movements and breath to access and process stored traumatic experiences.	<p>For people who would not want to or feel that talk therapy is not for them.</p> <p>Deep seated trauma or people who participating in trauma therapy would be detrimental to their mental health.</p> <p>People experiencing a lot of somatic complaints that could be trauma linked.</p> <p>Most mental health issues and emotional dysregulation.</p>
Mindfulness	A method of being present and allowing awareness for thoughts and feelings.	Emotional Dysregulation, Anxiety, Depression, Sleep issues
Poly Vagal Therapy And the Safe and Sound Protocol (SSP)	<p>Therapeutic approach that helps people understand and better manage their body's response to stress and trauma. It focuses on the Vagus Nerve and the role it plays with regulating emotions.</p> <p>SSP is a music therapy that allows is to think, react and connect more easily. It is filtered music set a certain MHz to create a safe feeling for the Vagus Nerve.</p>	<p>ASD, ADHD, Intellectual Disabilities, Many mental health issues.</p> <p>Concentration, learning, distraction issues.</p>

<p><u>Additional Services/Supports</u></p> <p>Positive Behaviour Support Practitioner (PBS)</p>	<p>A Positive Behaviour Support (PBS) practitioner works with individuals, particularly those with disabilities, to understand and manage their behaviours, ultimately improving their quality of life and reducing restrictive practices. They develop and implement behaviour support plans that address behaviours of concern, focusing on understanding the function of the behaviour and implementing proactive strategies.</p>	<p>Only for NDIS clients who have PBS in their plans</p>
<p>Advocacy</p>		<p>For all people – we all need advocacy at times, this can be medical, mental health and disability focused.</p>
<p>NDIS Supports</p>	<p>I have worked with the NDIS for 5 years – it's a complex system that needs support to navigate it.</p>	<p>Useful for anyone needing support to access the NDIS, process, systems and requirements. This can be a lengthy process and therefore costly.</p> <p>I can offer full psychosocial assessments that can differentiate and help separate disability presentations, behavioural issues and mental health concerns.</p>
<p>Clinical Supervision</p>	<p>Provides individuals and groups with a supportive, open and professional forum to reflect on clinical practice and enhance their professional development. I practice Role Development</p>	<p>For all people.</p>

	Model which is based on Psychodrama.	
Talking Mats	Talking Mats is a visual communication framework which supports people with communication difficulties to express their feelings and views.	Elderly, Intellectual Disability, All communication issues, second language tool.
Clinical Hypnosis	A therapy that uses hypnosis to treat physical and psychological conditions. It helps connect mind and body.	Many mental health issues but not psychosis. Physical health issues – pain and addictions.

I am registered with AHPRA, fully insured. I can offer telehealth, zoom, or face to face appts if this is safe to do so. I am bound by Privacy and Confidentiality and have a welcome pack for new clients that involves what to expect from me and how to complain about my services.

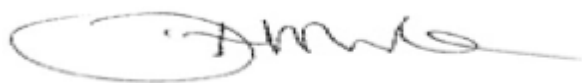
I have trained am qualified to deliver these therapies and have done for many years.

My limitation is that I cannot bulk bill, my fees are \$150 p/h but this can be negotiated if someone is struggling.

Referrals are an easy process – a simple letter of referral to my email address:

Best Wishes

Debbie Helen Mole



Clinical Nurse Consultant Mental Health and Intellectual Disability

Clinical Supervisor Email: debbie.mole@icloud.com

Mobile: 0432 729 283

APHRA Registration Number: NMW0001102450

ANMF (Australian Nursing and Midwifery Federation): 375353

ABN Number: 78 637 529 381, ACSA (Australian Clinical Supervision Association)