

## Confidentiality

FPTS adheres fully to the Privacy and Confidentiality of Patient Information of SAHLN.

## Cancellations & non-attendance

Patients will automatically be discharged if they fail to attend or cancel three consecutive appointments.

## Disorders treated at FPTS include:

- Panic disorder
- Agoraphobia
- Specific phobias
- Social phobias
- Generalised anxiety disorders (GAD)
- Obsessive compulsive disorders (OCD)
- Post-traumatic stress disorder (PTSD)
- Other anxiety related disorders
- Habit disorder
- Hair pulling (Trichotillomania)
- Nail biting
- Scratching and skinpicking
- Gambling disorders
- Gaming disorders / problematic internet use disorders /other behavioural addictions

# Flinders Psychological Therapy Services

For more information

## Flinders Psychological Therapy Services (FPTS)

Flinders Medical Centre  
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GP Plus Health Care Service,  
16 Playford Boulevard,  
Elizabeth, SA, 5112

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

[www.sagamblingtherapy.com.au](http://www.sagamblingtherapy.com.au)

[www.flinders.edu.au/study/courses/postgraduate-cognitive-behaviour-therapy](http://www.flinders.edu.au/study/courses/postgraduate-cognitive-behaviour-therapy)

Services Include:  
Statewide Gambling Therapy Service (SGTS)  
Centre for Anxiety and Related Disorders (CARD)  
Aboriginal Gambling Therapy Service (AGTS)  
Improving Access to Psychological Therapies (IAPT)

This document has been reviewed  
and endorsed by consumers.



Interpreter



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**Health**  
Southern Adelaide  
Local Health Network

## Flinders Psychological Therapy Services (FPTS)

Anxiety, gambling, gaming and related disorders are commonly experienced in our community. These problems can be debilitating and have a significant impact on people's lives.

FPTS is an outpatient and inpatient (two beds in ward 4GP) clinic of Southern Mental Health (SMH) located at Flinders Medical Centre (FMC), providing specialist, patient-centred evidence-based therapies.

### FPTS Therapists

FPTS has a dedicated team of experienced therapists who are trained health professionals possessing additional specialist postgraduate qualifications in cognitive Behavioural Therapy (CBT).

Additionally, FPTS is a teaching unit and provides placement opportunities for trainee therapists undertaking CBT Postgraduate programs at Flinders University and trainee psychiatrists on rotation and in-service provision to other organisations.

## Treatments

The main type of therapy offered at the FPTS is Cognitive Behaviour Therapy (CBT). CBT helps patients to examine and change unhelpful thoughts and behaviours. CBT focuses on the here and now to help people to feel better and recommence activities previously avoided because of their condition(s). It is an active, time-limited form of therapy – patients do tasks agreed with their therapist between sessions. Importantly CBT is researched therapy that has been shown to be successful in the treatment for these disorders.

In addition to CBT, other models of therapy such as Acceptance and Commitment Therapy, Compassion Focused Therapy, Metacognitive Therapy and Mindfulness-Based Cognitive Therapy are sometimes introduced as required to ensure that people reach their goals.

## Services include

### Statewide Gambling Therapy Services (SGTS)

The SGTS is specialised in CBT for patients with all forms of gambling, gaming, problematic internet use and other behavioural addictions.

Treatment within the inpatient program is available, if required following assessment.

The service is internationally recognised for its treatment of gambling disorders. The SGTS provides a statewide service to South Australia. Referrals to this service are via self-referral, a family member, or by health care professionals.

### Centre for Anxiety and Related Disorders (CARD)

CARD delivers CBT (step 2 & 3 in a stepped care model) for patients with anxiety and related disorders. The CARD outpatient program provides a service to southern regions, while the inpatient program provides a statewide service to South Australia, following assessment. Outpatient treatment will be tailored to the individual's need.

Inpatient treatment is for up to 2 weeks. Referrals to CARD are only via a health care professional, such as GPs, nurses, allied health or other health professionals.

### Aboriginal Gambling Therapy Service (AGTS)

The AGTS provides culturally appropriate and sensitive personalised CBT to Aboriginal and Torres Strait Islander people to address problem gambling, associated risky behaviours and mental health issues.

The service has two locations: FMC and GP plus Elizabeth. Referrals to this service are via self-referral, a family member, or by health care professionals.

### Improving Access to Psychological Therapies (IAPT)

IAPT utilises CBT (step 2 in a stepped care model) for patients with anxiety and depression referred by SALHN emergency departments and acute community mental health services. Treatment involves up to 10 weeks of weekly telephone sessions.