

Information on Coaching & Counselling Sessions

With Dr Russ Harris, MBBS



Dr Russ Harris: Psychotherapist, Executive Coach

As a GP, Russ became increasingly interested in the psychological aspects of health and wellbeing. Ultimately this interest led to a career change, and he now works in two different, yet complementary roles: both as a therapist and as a coach. Russ is a world expert in an approach called **Acceptance & Commitment Therapy, ACT**, and has authored many textbooks and self-help books about it, including the international best-seller, *The Happiness Trap*.

WHAT TYPES OF CLIENTS DOES RUSS WORK WITH?

Russ specialises in brief therapy with adults aged 20 or over – both individuals and couples. Russ helps people with: anxiety, depression, addiction, trauma, grief, loss, relationship issues, work stress, performance issues, chronic pain, and chronic illness. *NB: Russ does not deal with psychosis. Also note, he no longer practices as a GP, thus he does not prescribe drugs, or give advice on them.* Russ also provides life coaching and executive coaching.

TYPE OF APPROACH

Russ uses an approach called **Acceptance and Commitment Therapy, ACT**. ACT is a powerful mindfulness-based model for handling difficult thoughts and feelings more effectively, overcoming obstacles, reducing stress, enhancing performance, living fully in the present moment, and creating a rich, full and meaningful life.

To learn more about ACT, click here:

[www.actmindfully.com.au/acceptance & commitment therapy](http://www.actmindfully.com.au/acceptance_and_commitment_therapy)

To learn more about mindfulness, click here:

www.actmindfully.com.au/mindfulness

LOCATION

The “ACT of Living” Centre
203 High st, Northcote, Vic 3070
[click here](#) for map reference

APPOINTMENTS

Appointments are made through Russ’s training company, ACT Mindfully
Ph: 03 90159450
Email: support@actmindfully.com.au

CONSULTING TIMES

Wednesdays: 9-5 (No after-hours appointments)
Duration of sessions: 50mins

FEES: \$150 per session (same prices apply for couples)

Payment *must be made immediately after the consultation*. There are no exceptions.
We accept: Visa, Mastercard, Cash or Cheque

REBATES & REFERRALS

There is **no Medicare rebate** for these sessions. Therefore, **no referral is necessary**.
Please check with your own private health care fund to see if it provides cover for counselling.

CANCELLATION POLICY A minimum of **2 business days’ notice** is required for cancellations. Less notice than this means we will have to charge you the full fee (unless we can fill your space).