



**ST KILDA ROAD**  
MEDICAL CENTRE

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**Dr. Charles Tsang - FPS policy (last updated 20/01/23)**

1. (change) Focussed Psychological Strategies (**FPS**) are the set of psychological treatments approved for the Medicare funded "**Better Access**" scheme. Approved types of therapy include **CBT, IPT and EMDR**. (**PRT** and **IFS** are not officially part of FPS)
2. Patients are welcome to attend with a mental health care plan (**MHCP**) from their GP, which will activate the Better Access subsidy\*. Each session is 40 minutes long. If patients miss the start, a shortened session of 30 minutes is at times possible. Concurrent medical issues require separate appointments.
3. Telehealth is possible for all sessions, either by prior arrangement, or notification to reception as a change of necessity.
4. Fee for an off-peak session (40min) is \$200, with a gap of \$59.7 (after \$140.3 rebate).
5. Fee for a long session (50min) is \$250, with a gap of \$109.7.
6. If patients do not have a pre-existing MHCP, the first therapy session can be considered its completion as item **2717** (or telehealth equivalent), with a \$141.80 rebate (gap of \$73.2).