



LAUREN KEEGAN
psychology

Fees

Initial appointment (60 mins) \$220

Subsequent appointments (50 mins) \$200

A Medicare rebate of \$89.65 is available per session (maximum of 10 sessions per calendar year) with a mental health treatment plan. Please see your GP for a referral.

Sometimes private health insurance will cover psychology services. Please check with your private health fund for rebate entitlements.



get in touch

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Lauren Keegan

***Perinatal
Psychology
Services***





about me

I am a perinatal psychologist and mother of two with 12 years of experience working with mothers and babies. I am also an accredited Circle of Security Practitioner and Marte Meo Therapist and Trainer.

I provide therapy and support to expectant and new mums up to two years postpartum who are experiencing emotional difficulties and/or struggling to bond with their baby.

I have a warm, gentle and non-judgmental approach to therapy.

Therapy

PREGNANCY

Are you pregnant and experiencing lots of worries or feeling low in mood?

Therapy can support you to manage symptoms of anxiety or depression as well as feelings of ambivalence about the pregnancy.

Early intervention and support is also available to women with a pre-existing mental health condition.

BIRTH

Have you experienced a traumatic birth? Or worried about an upcoming birth?

Birth trauma can be processed within therapy following a traumatic birth and/or in preparation for subsequent births.

POSTPARTUM

Are you feeling anxious, depressed or disconnected from your baby?

Therapy aims to minimise symptoms of anxiety or depression and strengthen your bond with your baby.

FAQs

CAN I BRING MY BABY?

Yes! I'd love you to bring your baby to appointments so I can support you in developing a beautiful bond with your baby.

We offer a baby- and toddler-friendly space. A change mat is available, as well as a play mat and floor cushions for mobile infants and toddlers.

WHAT DOES THE FIRST APPOINTMENT LOOK LIKE?

In the first appointment, I'll ask you about your presenting concerns as well as your history and background.

At the end of the session I will share my thoughts on what I think might be happening and together we come up with a plan for treatment.

DO YOU SEE DADS?

Yes. Dads who are experiencing anxiety, depression or adjustment difficulties in the first twelve months after having a baby can be seen individually under a Mental Health Care Plan (MHCP).