



APS

Associate Member
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11/08/2022

Dr Renu McVay
Summers Ave Family Medical Practice
523 Pacific Highway
Mt Colah NSW 2079

Dear Dr McVay,

Thank you for referring **Mr Robin Stevenson**, age 58yrs, to 7Psychology for assistance with his mental health management.

Rob continues to make steady progress. He has acknowledged that his motivation to reduce his alcohol use and improve his functioning continues to increase. Rob says that he is abstaining from alcohol for longer periods. He has begun to recognise the significant impact it has on his relationship with his wife, Nicole, and his two teenage daughters. Rob has, in his own way, admitted to the personal embarrassment and shame that he feels when he “falls off the wagon”.

In sessions to date, we have focussed on assisting Rob to challenge his negative underlying beliefs that he is ‘not good enough’; ‘undeserving of love’; ‘insignificant’; and ‘he needs to be perfect’. At times in session, we have used EMDR therapy, CBT and Motivational Interviewing to help him to improve his functioning.

Robin and his wife, Nicole, have also begun marriage therapy with another psychologist. This is very positive, and it is further challenging him to think about the significant effect his alcohol use has on those closest to him.

Please could you extend Rob’s mental health care plan so that we can continue this valuable work. In ongoing sessions, Rob would like to continue working on managing his alcohol use; and to improve his self-esteem and his capacity to move forward as a husband and father.

Yours faithfully,

Donald O’Shaughnessy

Registered Psychologist
PSY0001178430

PSYCHOLOGY

EMPATHY IN THERAPY