



Frequently asked questions

How many psychologists practice at Soær Psychologists?

Soær Psychologists is on its maiden voyage and 2025 is its first and very ambitious year. Affy is currently the only practicing psychologist and managing director of Soær Psychologists. Currently Affy has capacity to support 20 clients per week and unfortunately wait times can be up to 3 weeks. By introducing more psychologists to the team, we can significantly reduce wait times and be more accessible. Affy is interested to hear from clinical/general psychologists. Once a core team is established, Soær can support provisional psychologists.

What qualifications must a psychologist hold?

All practitioners must be registered with AHPRA. General registered psychologists have attained a Master of Professional Psychology (5 years study and a one-year internship of supervised professional practice). Clinical psychologists have attained a Master of Clinical Psychology (minimum six years of study and supervised practice). Provisional psychologists are on the 'home stretch' to becoming a general registered psychologist, they have studied for five years and are completing their year of internship.

What are the differences between clinical, general, and provisional psychologists?

Clinical psychologists have studied a minimum of six years (masters degree) and have specialised training in diagnosing, assessing, and treating complex mental health disorders. General psychologists have studied a minimum of five years (masters degree) and attained one year of supervised professional practice and can diagnose, assess, and treat all mental health disorders including complex issues. Provisional psychologists are under supervision of board approved psychologists. While all psychologists diagnose, assess, and treat mental health disorders, provisional psychologists make preliminary diagnoses and propose treatment plans that are overseen/guided by a supervisor. All psychologists are expected to honestly observe and assess their competence levels and refer clients outside their scope of competence to someone who can provide support. Psychologists do not prescribe/review medication, a referral to a psychiatrist and/or general practitioner is necessary.

What type of issues can Soær Psychologists help with?

Soær Psychologists aims to establish an expert team dedicated to help clients in all areas of mental health issues. However, currently Affy is the only practitioner at Soær and for his areas of expertise please refer to his "About me" page on www.soarpsychologists.com.au. Prior to the commencement of therapy, all clients are required to fill out a form which provides an opportunity for the client to specify their issues. We then assess this information and honestly advise the client if we are able to help. If we are unable to help, we will endeavour to provide information about other clinics where help may be found. Recommendations will be written in a referral letter addressed to the client's general practitioner and a copy will be provided for the client too.

What are the differences between individual therapy and group therapy at Soær Psychologists?

All therapy is delivered via telehealth. Individual therapy involves one-on-one sessions with a therapist (either online or by phone), while group therapy involves multiple clients working together with one or more therapists (online only). Both types of therapy can be effective depending on the client's needs and goals. Currently, group therapy is under development.

How much are session fees?

Fees for different services vary and are subject to increase from time-to-time. For an up-to-date schedule of fees and services, please consult the fees page on www.soarpsychologists.com.au.



What types of funding/rebates are available to me?

For a list of options please refer to the “Resources” page on www.soarpsychologists.com.au and select “Funding and rebates fact sheet”.

What is the 24-hour cancellation policy?

The 24-hour cancellation policy is company policy that requires all clients to contact us by phone, text, or email to cancel or reschedule sessions no less than 24 hours to the booked session. We do in fact prefer 48-76 hours as short noticed cancelled sessions are very difficult to refill. Unfortunately, the client will be charged 100% of the session fee + 10% GST. This policy is contractually binding and clients must agree to this prior to being accepted into care by Soær Psychologists.

Phone: 0411799753

Text: 0411799753

Email: support@soarpsychologists.com.au

Where/how can I book an appointment?

Clients are referred to the website www.soarpsychologists.com.au where they can follow the “Book an appointment” button to make a self-booking. Alternatively, you can call, text, or email and we will contact you within 24 business hours to book an appointment for you over the phone. You may also copy the below booking link and paste into your browser to connect with the booking page.

Booking link: <https://www.halaxy.com/profile/afshin-misagh/psychologist/1648001>

Phone: 0411799753

Text: 0411799753

Email: support@soarpsychologists.com.au

Other queries not addressed here

Please refer to the “Contact us” page on www.soarpsychologists.com.au and fill in the form. We will reply within 24 business hours.

Our contact details are also below:

Phone: 0411799753 – leave a short message/question

Text: 0411799753 – text a short message/question

Email: support@soarpsychologists.com.au – ideal for questions that may be a little longer. Please be advised that these are only for admin related questions. Queries that are of therapy related issue will be addressed in a booked and paid session only.