

Dr Jem Riffkin

BA (Phil); BA (Hons) Psych; MCoun;
DPsych; MAPS. (Member APS College
of Clinical Neuropsychology)

As a Clinical Neuropsychologist with a Masters in Counselling Jem has experience in understanding the impact of the dementias, physical pain, acquired brain injury, psychiatric disturbance and the effects of medication on cognitive ability and thought processes. She specialises in counselling older people with cognitive impairment and psychiatric disorders and also in supporting families and staff to maximize the quality of life for residents in aged care facilities who have cognitive problems.

**For Appointments
Contact:**

Ms. Christine Borg

**Central Highlands
General Practice
Network**

Ph (03) 5428 4848

**Use Appointment
Fax Back Form**

Fax to: 03) 5428 4842



Dr. Jem Riffkin

Geropsychology Services

- ❖ Registered Psychologist
- ❖ Member Australian Psychological Society
- ❖ Doctor of Clinical Neuropsychology
- ❖ Masters Counselling & Human Services

Offering psychological support for residents, staff, families & carers living within the Central Highlands General Practice Network.

Psychology Services

Geropsychology is a field of psychology devoted to the study of aging & the provision of clinical services to older adults. Jem is trained in:

Understanding the typical biological, cognitive and emotional changes of normal (positive) ageing & increasing psychosocial diversity with increasing age.

Knowledge of brain pathology and of the relationship between brain impairment and behaviour.

The impact of normal & abnormal cognitive changes on clinical intervention and counselling.

Counselling

Jem has adapted the traditional counselling therapies to residents for treatment of the psychological consequences of:

- Physical illness
- Existential and end of life issues
- Psychiatric problems
- Depression
- Anxiety
- Pain management
- Grief, Loss and Bereavement
- Transition issues
- Relationship problems

Staff and Family

Support and information for staff and family members in the care of residents. Specifically Jem can assist with:

Understanding ageing and the dementias

Formulation & implementation of treatment plans

Communication difficulties

Coping with stress & anxiety

Role transition

Managing difficult behaviours

Conflict resolution