

A guide for referrers

Telehealth across Australia · Belinda Horton, Mental Health Occupational Therapist



Kokoro Wellbeing
Perinatal Mental Health

Two ways your patients/clients can work with me

Both services are offered by telehealth across Australia. Medicare rebates apply with a Mental Health Care Plan.

1

Counselling & Support

Perinatal mental health support

REFER CLIENTS WHO ARE...

- trying to conceive, pregnant, or in the first years of parenthood
- experiencing low mood, anxiety, panic, intrusive thoughts or rage
- struggling to bond, or not feeling 'like themselves'
- recovering from a difficult birth, NICU stay or pregnancy loss
- wanting strategies, validation and a thinking partner

NOT THE RIGHT FIT IF...

- in acute crisis or needing same-day care
- needing psychiatric medication review (refer to GP/psychiatrist)

2

TRTP™

The Richards Trauma Process™

REFER CLIENTS WHO ARE...

- carrying unresolved trauma activated by parenthood
- living with PTSD, persistent anxiety or depression
- recovering from birth trauma, pregnancy loss or NICU admission
- prior abuse, neglect or attachment trauma surfacing now
- ready for a structured, time-limited process (approx. 10 sessions)

NOT THE RIGHT FIT IF...

- in acute crisis, active psychosis
- using substances to manage distress

Ways of working — and who they help most

I draw on the following frameworks, blended to suit each client.

Mental Health OT

Whole-person care exploring meaning, identity and daily life.

BENEFITS

Parents wanting practical, life-context-focused support, not only talk therapy.

Family therapy

Understanding family-of-origin patterns and the new family being formed.

BENEFITS

Couples, blended families, and clients navigating intergenerational dynamics.

Perinatal loss

A safe space for grief after miscarriage, stillbirth or neonatal loss.

BENEFITS

Parents grieving pregnancy or infant loss at any stage.

Circle of Security – Parenting

Attachment-based program for understanding a child's emotional needs.

BENEFITS

Parents wanting confidence and connection in the parent-child relationship.

TRTP™

Structured, evidence-informed trauma resolution at the root.

BENEFITS

Clients with PTSD, birth trauma, or trauma reactivated by parenthood.

Trauma-informed care

Polyvagal theory, Internal Family Systems, DBT.

BENEFITS

Clients with complex trauma, dysregulation, or strong inner-critic patterns.

CBT-E (Eating Disorders)

ANZAED-credentialed evidence-based eating disorder care.

BENEFITS

Pregnant or postpartum clients with anorexia, bulimia or binge-eating concerns.

SCAN TO LEARN MORE

www.kokorowellbeing.au



Book a 'do we fit?' call