

SANVT.

PSYCHOLOGY CLINIC

 **SANVT. Psychology** 
Location Information

Dear Client,

This information sheet includes all relevant information to help you navigate your way. The following pages include further information to help you find your way to the Palm Beach clinic room, depending on the location of your appointment booking. Please don't hesitate to reach out should you have any questions.

Below are the Practice address and contact details:

In-Person Location		Telehealth
1/33 Palm Beach Avenue Studio 1, Level 1 (<i>upstairs</i>) PALM BEACH QLD 4221		Secure online platform (Coviu, Halaxy Telehealth, or Zoom)
Phone:	0432 748 799	<i>Dr Nat</i> Dr Natalja Nabinger de Diaz Founder & Clinical Psychologist PhD (ClinPsy) · MPsych (Equiv) · BPsych (Hons) · BCrimJus AAPi · MAPS · FCCLP
Email:	hello@sanvt.com.au	
Fax:	(07) 3544 7692	
Online:	www.sanvt.com.au	

PALM BEACH

(Mondays, Wednesdays & Thursdays)

Here are a few **Palm Beach location details** to help you find SANVT. Psychology easily and feel comfortable on arrival:

Address

The practice rooms are located at:

- 1/33 Palm Beach Avenue
Studio 1, Level 1 (*upstairs*)
Palm Beach, QLD, 4221

(Click here for [Google Maps](#))

Parking

There is **free** and **3-hours free** street parking along Palm Beach Avenue and side streets.

If parking is busy, additional free parking can usually be found within a 3-5 mins walking distance (e.g., at [Coles](#)).

Please note:
The parking along the side of the road directly outside the building is **14 minutes only**.

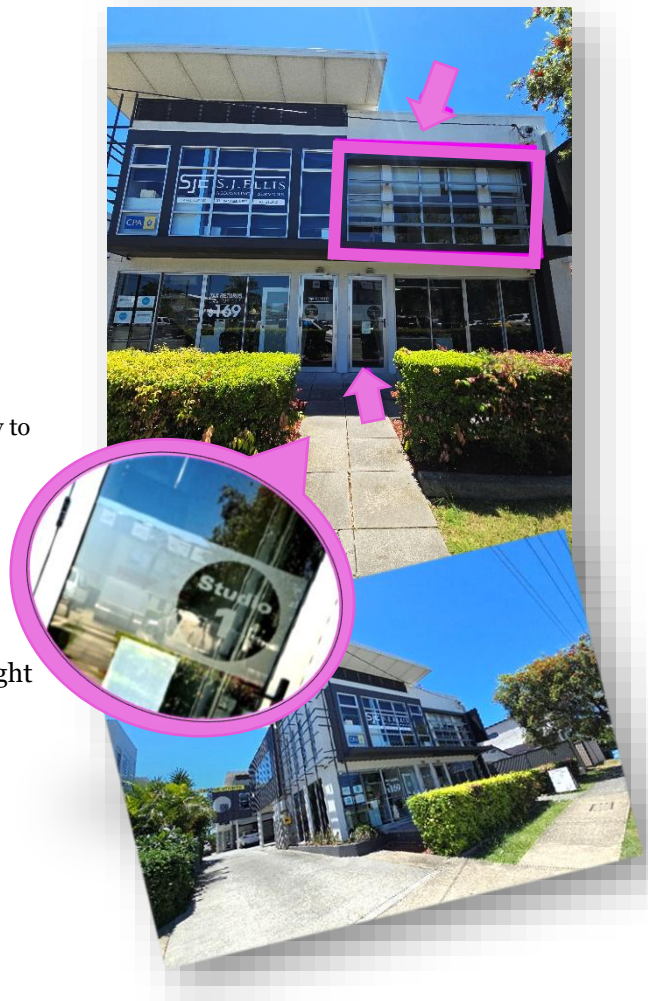
Directions - Finding SANVT.

To find **SANVT. Psychology**, follow these directions:

- **Coming from the M1:**
Take **Exit 92**, which leads directly onto Palm Beach Avenue. Continue straight through the first two roundabouts, and the building is located midway to the third roundabout on the **left-hand side** of the road.
- **Coming from the Gold Coast Highway:**
After the first roundabout, the building is about midway to the second roundabout on the **right-hand side**.

Below is a **photo of the building**. The private practice rooms are located on **Level 1**. Between the ground-level shopfronts, you'll see the glass doors marked "*Studio 1 & Studio 2.*"

Enter through the door for **Studio 1** and take the short flight of stairs up to the shared waiting area.

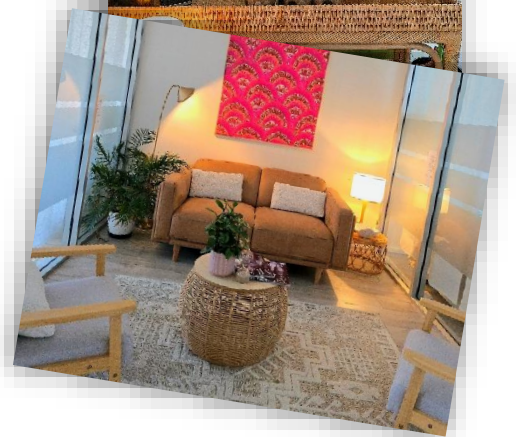


The Room



While You Wait

Please take a seat upon arrival and make yourself comfortable while you wait. You're welcome to help yourself to *water, tea, or a long black coffee (instant coffee)* from the tea station.



Session Timing

As many of you are aware, psychology sessions can run over time. To reduce your waiting times, I aim to schedule buffer time between sessions. So, unless my prior session is longer or you arrive quite early, I hope this will help to reduce your wait times and allow space for any administrative queries.

If you arrive whilst a session is in progress, please relax in the waiting area, enjoy a refreshment, or browse the books and/or magazines provided.

In the event I am significantly delayed for some reason, I will aim to contact you ahead of your appointment, or otherwise, I'll **try** to pop my head out to let you know personally, if possible.

Shared Clinic Space

This clinic location is shared with another Clinical Psychologist and dear friend, **Dr Dominika Ludvik**. If you should get lost, you can look out for Dr Dominika's signage out the front and on the door to guide you.



TELEHEALTH

At SANVT. Psychology, **Telehealth** sessions are conducted via **video call** using secure, encrypted platforms (e.g., CoviU, Zoom, or Halaxy Telehealth).

You will receive a **link to join the online video session** in your email/sms appointment confirmation and reminders.

If you haven't received your video link by the day of your appointment, please contact **hello@sanvt.com.au** or **0432 748 799**.

Telehealth – Getting Ready for the Call

- Choose a quiet, private space to ensure your privacy is maintained.
- Set up your camera so your face and upper body are visible and appear in the camera view as if you were in person in a therapy room. This helps me better read your body language and allows me to best support you throughout the session.
- If the connection drops, I will attempt to reconnect. If I cannot reconnect within 5 minutes, you will be contacted on the phone number on file to troubleshoot and/or to continue the session by phone, if needed.

Limitations of Telehealth

- While telehealth is a secure and effective option for many people, it can be affected by technical issues (like connection difficulties, reduced picture quality, sound lagging). In addition, certain types of psychology services may be more effective in person. If this becomes a concern, we will discuss together whether telehealth remains the most suitable option for your care at SANVT. Psychology.



Thank you for your time in familiarising yourself with the clinic locations.

Please reach out to **hello@sanvt.com.au** or contact us on **0467 748 799** if you have any questions.
