



Boonwurrung Country,
338 Dandenong Rd, St Kilda East VIC 3183
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30/09/2025

RE: Ms Sharon Wade
10 Fieldlark Court
Carrum Downs. 3201
DOB: 31/01/1974
Tel: 0416779237, 0416779237
Medicare: 3282486498, 1

Dear Ana,

Reason for visit:
Case conference

Case conference undertaken today
Start time: 530
Finish time: 550
Explanation of case conference goals provided
Verbal consent obtained
Attendees:
Laura Chapman-GP
Ana Ximena- Clinical psychologist
Points discussed:

had 1 session with Ana recently
addiction + medical trauma + anxiety + perimenopause, ??PD ???ND
guilt++ around hospital admission, treatment of son and partner
psychology treatment with a focus on self compassion
had a powerful work position in the 80s
partner and her have their struggles (more like coparenting)

consider inpt detox
will take a long time to taper but could start as inpt for 2-4/52
made need a mood stabiliser

psychologist focusing on detox not trauma at this time
Actions to be taken: slow and steady support and management

Frequency of visits: every 4 weeks and moer frequet if starts detox
739 billed

Yours faithfully,

A handwritten signature in dark ink, appearing to read 'Laura Chapman', written in a cursive style.

Dr Laura Chapman
MBChB, BSc, FRACGP, CWH
4209537T