

# Your Support Team

At Readymind, our psychologists, Dr Toni Pikoos and Dr Ben Buchanan, lead a team of experts in the psychology of cosmetic procedures.

As leaders in the field, they ensure that all assessments are conducted with the utmost care, adhering to the latest guidelines from the Australian Psychological Society and the Australian Health Practitioner Regulation Agency.

Our team is passionate about working closely with you and your cosmetic professional to achieve the best outcomes.

## Clinical Psychologists



Dr Toni Pikoos



Dr Ben Buchanan

# Contact and Referrals

### Getting started with us is easy

Your doctor can refer you to our services, or you can choose to self-refer. We welcome patients who are proactive about their mental health.

If you have any questions or need further information, feel free to contact us at:

Phone: 1300 993 755

Email: [info@readymind.com.au](mailto:info@readymind.com.au)

Website: [www.readymind.com.au/referrals/](http://www.readymind.com.au/referrals/)

Our service is Australia-wide, with assessments conducted online via telehealth.

We have immediate availability and reports are completed within 1 week of the initial assessment.



## Cosmetic Readiness Assessment

### Psychological Assessments and Support to Prepare You for Cosmetic Procedures

Supporting you every step of the way

# What to Expect

At Readymind, we understand that the decision to have a cosmetic procedure is significant. Our team of expert psychologists is here to guide you through assessing your readiness and helping you understand how mindset can impact on cosmetic procedures.

This can include an assessment of your readiness for the procedure, general mental health and any signs of body dysmorphic disorder.

Through thoughtful discussions, we explore your motivations, expectations, and emotional wellbeing, ensuring that you are psychologically prepared for the next steps.

# Our Process

Your journey begins with a comprehensive assessment tailored to your specific needs. Conducted in a supportive and confidential environment, these sessions involve discussing your health history, the procedure's benefits and risks, and aligning your expectations with realistic outcomes. Our goal is for you to leave feeling informed and secure in your decision-making process.



# Benefits for You

Undergoing a psychological assessment before your cosmetic procedure can provide numerous benefits. It helps you:

- **Gain Clarity:** Understand the emotional and psychological aspects of your decision.
- **Manage Expectations:** Set realistic goals for both the procedure's outcomes and your recovery process.
- **Reduce Anxiety:** Address any fears or concerns, ensuring you feel confident and reassured about your choice.
- **Feel Prepared:** Plan what support you may need before or after your procedure to have a smoother recovery.

